

100+ recipes
inside!

GoodFood

It's love!

MIDDLE EAST

- ❖ Crazy for **red velvet!**
- ❖ **Chocolate** indulgence
- ❖ Romance **on a plate**

MAKE SOMETHING
DIFFERENT *TONIGHT!*

Vienna explored
one taste at a time

YOUR DINNER PARTY,
just healthier



EVERYDAY
INSPIRATION



**SPICED TURKEY WITH BULGHAR
& POMEGRANATE SALAD**

WEEKEND
BAKING



**ANGELA'S LIGHTER
CHOCOLATE TART**

WIN, WIN, WIN!

Dinners for two,
luxury getaways,
foodie hampers, Taste
of Dubai tickets
and more...

PLUS:

- ❖ **Taste of Dubai** preview
- ❖ **Gluten-free goodies**

Stylish solutions for creating
a romantic Valentine's treat



HB891 - Hand Blender

Colour: Red

700
watts



- High quality die-cast aluminium body
- Triblade for perfect mixing
- 5 different speeds

KMX51 - Kitchen Machine

Colour: Red

500
watts



- 5 litre stainless steel bowl with handle
- Stainless steel K Beater, Whisk and Dough-hook

BLX51 - Blender

Colour: Red

800
watts



- 1.6 litre glass fluted goblet
- Dedicated programmes for ice crushing, drinks, soups and dips

HM791 - Hand Mixer

Colour: Red

400
watts



- High quality die-cast aluminium body
- Stainless steel beaters and kneaders
- 5 multi speeds plus pulse

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Have you booked your place at the *BBC Good Food ME Awards* yet? The event is taking place at The Ritz-Carlton, DIFC on 21 February 2012; see page 78 for all the details.



EDITOR'S NOTE



A month of celebrations

The second annual BBC Good Food ME Awards ceremony is coming up later this month, and we are so excited to celebrate with the *crème de la crème* of the food and beverage industry in the UAE. We welcome our readers and Food Club members to attend the event too, so if you would like to mingle with the UAE's top chefs and enjoy an evening of canapés, cocktails, gourmet food and live music, then be sure to read up about the event on page 78 of this issue and get online to book your seat. Not your standard awards ceremony, the event is a fabulous Mardi Gras theme, and should be an evening of foodie fun.

It is of course the month of love too, so the magazine is filled with inspiring ideas to create homemade treats for friends, family and that special someone. From our gorgeous red velvet cover star to Dalia's beautiful chocolate-inspired treats, we have your baking covered. And if it's a romantic dinner menu for two then Farah Sawaf's cosy menu on page 84 is a must.

The UAE comes alive with food festivals this time of the year. Gulf Food and Gourmet Abu Dhabi are coming up in February, and we can't wait for Taste of Dubai that is taking place in March. Don't miss the sneak peek into Taste of Dubai on page 70 and learn more about Gourmet Abu Dhabi on page 72.

Wishing you a creative, festive month of food and love, and I hope to see you at the BBC Good Food ME Awards ceremony!

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, editor
lauren@cpidubai.com



CONGRATULATIONS TO THE WINNERS OF LAST MONTH'S RECIPE CHALLENGE!

We asked readers and Food Club members to send in their ultimate Valentine recipe (either a main course or dessert), and we had some lovely entries. The *BBC Good Food ME* team's favourites were the Peach and herb flavoured lamb chops with grilled peaches from Manju Asarpota and Red velvet cupcakes with cream cheese icing from Rupal Kamat. Don't miss next month's issue to get the recipes.



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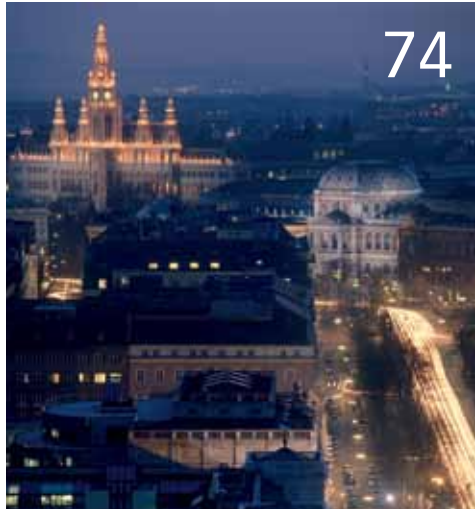
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February 2012



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112 FEAST OF THE SENSES AT OKKU

Executive chef Hugh Gardiner talks about Japanese cuisine, the recently launched menu and what inspires him to create new dishes

Make our
cover
recipe



94 Red velvet cake

Our recipe descriptions

- V** Suitable for vegetarians
- ❄** You can freeze it
- ❄** Not suitable for freezing
- P** Contains pork
- 🍷** Contains alcohol
- ✔** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **🍷**

Crazy for competitions

Win gift hampers, hotel stays and more...



WIN SURF N' TURF BRUNCH FOR TWO

AT NINETEEN: Feast on the Surf n' Turf brunch that offers an array of sumptuous starters, lavish mains and a dessert buffet accompanied by refreshing beverages. A feast of food and laughter, best enjoyed with friends and family.

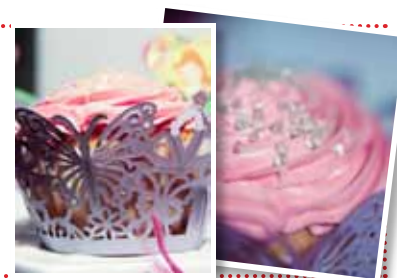


WIN CATWALK COW GIFT HAMPER

One lucky person will receive a gift hamper from Catwalk Cow that includes a mixing bowl, oven mitt, wooden spoon, spatula, baking tray and a box of each of its products; fat free chewy fudge brownie mix, low fat chocolate cupcakes with fluffy white frosting and low fat chocolate fondant.

WIN YUMMY TUMMY CUPCAKES

A dozen of customised Yummy Tummy cupcakes could be yours. Choose from a range of gourmet-flavoured cupcakes and toppings that are made to suit your dietary requirements. Whether you want a handbag, batman or any other design on your cupcake, at Yummy Tummy they can do it all!



WIN DINNER AT LAYALI EWAAN (ARABIAN NIGHTS), THE PALACE HOTEL

A traditional Arabic cuisine dinner for two, guests can feast on delicious mezze, falafel, saj, ouzi and delightful barbecue assortments. The area consists of traditional Arabic tents and shisha facilities to add to your magical Arabian nights experience.



WIN RAMADA DOWNTOWN STAY FOR TWO

Enjoy a night's stay for two at the junior suite of the Ramada Downtown Dubai, located on Boulevard Street. Relax and breathe in views of the iconic Burj Khalifa and Dubai fountain followed by a scrumptious buffet breakfast the next morning.

WIN COOKING CLASS AT MORE

Two lucky winners will get a chance to attend the March MORE Cooking Skills class to get hands on culinary experience. For more information see the MORE Cafe advertorial on page 14 or get online to enter in the fun MORE Cafe quiz to win you place at the event!

ED'S
CHOICE



WIN BANYAN TREE FALCON EXPERIENCE FOR TWO

As a playground to the most diverse and interactive display of falcons, hawks, owls and eagles, the Banyan Tree is allowing two winners to take part in the action at the falconry deck. Enjoy a display and get a chance to hold one of these majestic birds.



WIN GENERATION CREATION MAZINA SATURDAY BRUNCH

Win Generation Creation Mazina Saturday Brunch at The Address Dubai Marina for two adults and two children under the age of 12! This February you can participate in pancake making, and enjoy international cuisine and entertainment for the little ones, including the resident bouncy castle, play area, face painting, Wii and more.



WIN RAINBOW GOLD HAMPERS

Every week throughout February stand a chance to win Rainbow Gold gift packs, the latest range of evaporated milk that enhances the flavour of tea, with original, cardamom and light variants. Visit the website to win, and enjoy a creamy texture and flavour in every cup of tea.

To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!

8-23 FEBRUARY 2012

gourmet **ABU DHABI**



A Masterful Collection of Culinary Arts

Be mesmerised as acclaimed Master Chefs from over 15 countries transform simple ingredients into gourmet masterpieces, tempting your palate with gastronomic delights ranging from contemporary French to fusion Japanese to traditional Arabian cuisine. Over 16 days and nights, you'll be charmed by culinary aficionados and treated to a programme of chateaux and themed dinners, pastry brunches, insightful masterclasses and memorable feasts.

Because, in every dish a world of flavour awaits you, discover them all at Gourmet Abu Dhabi 2012.

8 – 23 February 2012, at over 20 of the finest dining venues.

For reservations please call +971 2 4181401 | www.gourmetabudhabi.ae

Presented By



Top 10 foodie moments

From recipe highlights, top restaurants to try, quirky foodie moments and the best deals in town, *BBC Good Food ME* keeps you in the know this season

1 Revamped Legends relaunches in style

The recently renovated Legends restaurant at the Dubai Creek has relaunched with an appetising new menu, swanky interiors as well as an outdoor terrace to entice customers.

Apt for casual alfresco dining, the terrace is decorated with contemporary furniture and live barbecue stations, where guests can even get involved to cook their own steak to perfection. It also consists of a special feature known as the floating VIP table, where eight guests can dine at a table situated within the pool.

The delicious menu includes a variety of starters such as quail scotch eggs, lobster kibbeh and roasted foie gras dates. While main dishes include the seared surf and turf, Wagyu beef, Scottish organic salmon, sea bass and rock lobster amongst a few. End the delicious meal with a selection of desserts made with Valrhona chocolate, which includes toffee banana tart with warm tanariva chocolate sauce, alpaco chocolate fondant and Coeur de Guanaja chocolate ice cream to name a few. For more information, call +971 4 295 6000.



2 Taste of Dubai 2012

Dubai's favourite food festival is back! The highly acclaimed Taste of Dubai is taking place from 15 to 17 March at Dubai Media City Amphitheatre, and will bring together a vast number of restaurants, celebrity chefs and beverage brands this year, with a culinary spread from across the globe.

Some of Dubai's hotspots will make their debut at Taste of Dubai 2012; the famous Nobu, Seafire, Saffron, Ronda Locatelli, The Ivy, Toro Toro, Zafran, Da Shi Dai, Mahec, Sonamu Korean Restaurant and Carluccio's to name a few.

Celebrity chefs including Gary Rhodes, Vineet Bhatia, Richard Sandoval and others will cook up a storm for the crowds while they gain knowledge and skills at the interactive master classes. There will be live entertainment, where UAE-based favourite Maple Jacks will be headlining the event. For more information, see the full event preview on page 70 of this month's issue.

3

Don't ditch the peel

Have you ever juiced a lemon and wondered about what more can be done with the pungent peel? Usually used as a garnish for soups and salads; it serves various other purposes that are helpful and eco-chic, too.



Lemon-clean your microwave

All it takes is a splatter of food to destroy the interiors and cause a long lasting scent. Instead of opting for harmful chemicals in your cleaning method, add lemon rinds to a microwave-safe bowl filled halfway with water and cook on high for five minutes. This allows the gunk in the interiors to condense due to the steam. Then, wipe away the mess from the interiors.

Polish your dishes

Dip half a lemon rind in salt or baking powder and rub on the affected areas of the dish, leave it to sit for 5 minutes before polishing with a dry cloth. This cleaning method can be used for stainless steel, copper crockery, brass and chrome.

Clean your cutting boards

Rub half a lemon, including the peel, onto a cutting board and then rinse away. For tough stains from strawberries, tomatoes and other foods, add a sprinkling of salt onto the lemon before scrubbing the board.

4

CRAZY ABOUT coconuts

Organic Foods & Cafe has recently launched a variety of coconut-based products to help boost us into a healthy 2012.

This delicious fruit is oozing with goodness and is often considered a 'health miracle' known to improve hair, health and skin conditions.

Choose from a variety of soaps, oils and moisturisers to prevent infections, wrinkles, aging spots, psoriasis and much more. Known to be one of the healthiest oils to cook with, coconut oil and coconut flour can reduce the risk of cancer, as well as help maintain diabetes, lower cholesterol levels and aid in weight loss, while providing nutrients and vitamins.

If you aren't in the mood to shop and cook, and would rather dine in at the cafe or opt for delicious and healthy takeaway, the in-house chef at Organic Foods & Cafe has created a special menu for the month of January with dishes that include Thai chicken and coconut soup, crunchy coconut & buttermilk chicken, fish baked in coconut milk served with Jamaican peas and rice and lamb coconut curry to name a few. For those with a sweet tooth, you can choose from a range of freshly baked coconut cookies, macaroons, buko pies, snowballs and flavoursome lamington pastries.



5



Passionate food lover, Zahra Abdalla talks to *BBC Good Food ME* about her cooking inspiration and favourite places to dine out



Foodie blogger Zahra Abdalla

About Cooking with Zahra

Being a working mother of two, I am always eager to whip up a quick and healthy menu to serve my family. *Cooking with Zahra: Fun, easy and healthy recipes!* is dedicated to showing people that we don't have to cook in the same complicated style that our parents did, instead, cooking can be quick without having to compromise on taste.

Favourite restaurant to dine at...

Lunch: I love my girly luncheons at Paul Bakery & Restaurant, JBR. My favourite dish has to be their turkey sandwich with Camembert cheese and caramelised onion, followed by a nice cappuccino.

Dinner: Definitely Zuma in DIFC. As a meat lover, my favourite dish is definitely their *Wagyu no sumibiyaki* – Wagyu beef served with tahoon mayonnaise and ponzu dashi.

Dessert: Zuma again, I love their green tea and banana cake with coconut ice cream and toffee sauce. A perfect end to a great meal!

Culinary icon...

It is a tie between Barefoot Contessa and Bobby Chin. Barefoot Contessa is my go-to lady for any Western-style cooking tips and ideas. Bobby Chin adds extra flair and oomph to Middle-Eastern and Asian cooking, and inspires me to be more creative with my culinary adventures.

Guilty pleasure...

Chocolate! Dark, milk or white, I love it all.



Zahra's Strawberry, lemon & ginger mocktail SERVES 6 - 8

This Valentine's Day keep it sweet and spicy. This romance-inspired mocktail is full of flavour and dreamily delicious.

INGREDIENTS:

3 lemons, squeezed.	1 cup strawberries, cut in quarters
50g ginger, finely shredded	¼ cup sugar
A handful of fresh mint leaves.	4 cups of water
	4 cups of ice

- 1 In a small pot boil sugar, ginger and two cups of water for 10 minutes to make a ginger concentrate.
- 2 Add lemon juice, ginger concentrate, fresh mint leaves, strawberries, 4 cups of water and ice into a blender. Mix until it turns into a smoothie consistency.
- 3 Serve cold and enjoy.

foodie moments



6 Homely Lebanese cuisine comes to Dubai

Leila, the newly opened flagship restaurant situated at Mirdif City Centre Dubai, is aiming to take the UAE Middle Eastern food scene by storm with its authentic rural Lebanese cuisine that is reminiscent of a journey to grandma's kitchen in Lebanon.

Leila brings with it a story of a girl raised by her grandmother, who was taught the secrets behind traditional Lebanese cuisine, before she ventured out into the city (laden with fresh produce from the village) to establish her own ventures and serve fresh Lebanese delicacies.

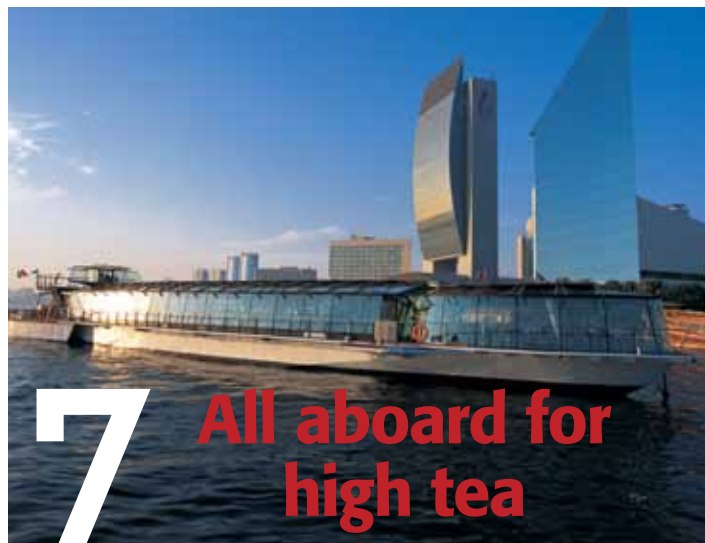
This chic restaurant is set in a traditional-yet-contemporary casual setting bringing together a cafe and food shop, making Leila a one-stop destination for Lebanese food lovers that appreciate substance, style, good quality and value.

8 milK & HONEY TRADING Enjoy a chic, eco-friendly chocolate party

Ever wonder how chocolate is formed, made and processed? Milk & HONEY is organising 'Loving Earth chocolate parties' in the month of February, where guests will be treated to hot drinking chocolate and various chocolate dishes while learning about its fermentation and history.

The three-hour chocolate tasting and educational programme will include various lessons about the raw ingredients that go into chocolate, its process, nutritional content, regions they have been cultivated in and the ways in which it all comes together as a finished product.

Guests will be able to create their own chocolate bars with flavours of their choice which will then be wrapped to take home. For more information, visit www.milkandhoneytrading.com.



7 All aboard for high tea

Dubai's luxury cruise vessel Bateaux Dubai has recently launched its high tea menu, which is a lovely menu of delicious morsels, which are made even more special by the delightful experience on the water.

The Bateaux Dubai offers a 360 degree view of the Dubai Creek, through its glass-enclosed exterior, making it an exceptional venue to entertain family and friends. Jump aboard for a 45 minute cruise and feast on finger food assortments such as salmon sandwiches, meringues, chocolate soufflés, tarts, pastries and a selection of teas, coffee and more. Choose from a range of packages that begin from AED 75 to 195 (including a glass of champagne included). For more information, visit www.bateauxdubai.com

9 Sustainable focus at Shangri-La Dubai

Shangri-La Hotels and Resorts announced its 'Sustainable Seafood Policy' last month, including the commitment to cease serving shark fin in all of its operated restaurants. At the same time, Shangri-La announced that it will phase out Bluefin tuna and Chilean sea bass in all its operated restaurants within the year. The new policy is a continuation of Shangri-La's journey towards environmental support.

'Sanctuary, Shangri-La's Care for Nature' project was introduced specifically to ensure consistency in biodiversity, conservation and habitat protection across all resorts. Projects include the development of marine sanctuaries to ensure reef protection and stability of the underwater and marine life.



Amici, Yas Viceroy, Abu Dhabi

ADVERTISING FEATURE

10 Valentine's Day delights

BBC Good Food ME lists down some appealing venues for you and your loved one to dine during this month of love

Sanctuary Pool Lounge, Pullman, Mall of the Emirates

Rekindle your romance over candle-lit dinner and savour a four-course menu with a glass of bubbly complete with a box of chocolates and roses. AED 580 per couple, call +971 4 377 2353 to make your reservations.

MJ's Steakhouse, Al Qasr, Madinat Jumeirah

Relish a Brooklyn-inspired set menu for AED 500 per person inclusive of a glass of bubbly cocktails. For reservations, call +97143668888.

Talay, Le Meridien Abu Dhabi

Treat your loved one to an exotic Thai buffet with a glass of bubbly, flowers and chocolate for only AED 250 per couple. For reservations, call +971 2 644 6666.

Amici, Yas Viceroy, Abu Dhabi

Celebrate San Valentino with an Italian four-course dinner for two with specialties such as Turbot filet with pistachio crust and orange and fennel sauce, hot chocolate tart and more from AED 280 onwards per person. For reservations, call +971 2 656 0760.

Reflets par Pierre Gagnaire, InterContinental Dubai Festival City

If you are in the mood to really spoil your loved one, Reflets has a very special Valentine menu on offer. Menu de la St Valentin includes caviar to share, carpaccio scallops, smoked salmon, as well as a veloute of foie gras and truffle. Not stopping there, you can enjoy a Marinière of shellfish flavoured with sweet curry, a cocotte of winter vegetables slightly smoked and milk-fed lamb; the ribs grilled with oregano and the leg is roasted. And for the finale is Le Grand dessert de Pierre Gagnaire. AED 1190 for food only or AED1,800 with a glass of rosé champagne on arrival and fine wines matching.



Media One, Dubai Media City

For all the single ladies out there, avail two free drinks in Z: ONE and two at M-DEK from 7-10pm. Grab your friends and dance away to retro and house tunes spinned by the in-house DJ.

For reservations, contact +9714 4271000

Food for the soul

Surprise your loved one with this indulgent mushroom risotto filled with the aroma and flavours of La Tourangelle White Truffle Oil

Mushroom risotto

SERVES 4 • PREP 15 min. • COOK 30 min. plus resting **Easy** **V** *****

50g/2oz dried porcini mushrooms
1 vegetable stock cube
2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
250g pack chestnut mushrooms, sliced and washed
300g/10oz risotto rice, such as arborio
1 tbsp La Tourangelle White Truffle Oil
25g/1oz butter
50g/2oz Parmesan or Grana Padano, grated
handful parsley leaves, chopped

- 1** Soak dried mushrooms into a large bowl with 1litre boiling water. Drain after 20 minutes and add a crumbled stock cube into the mushroom liquid. Gently squeeze mushrooms to remove any liquid and chop into pieces.
- 2** Heat oil in a saucepan over medium flame. Stir fry onion and garlic for 5 minutes until soft and add dried mushrooms, salt and pepper. Cook mixture for 8 minutes till softened.
- 3** Slowly tip rice into the pan and cook for 1 minute. Pour in quarter of mushroom stock while simmering and stirring often until absorbed by the rice. Add same amount of stock and repeat step, until the rice becomes creamy and tender. If rice is undercooked add a splash of water.
- 4** Remove pan off heat, add butter and scatter over half the cheese and parsley. Cover and leave for a few minutes before stirring risotto one last time.
- 5** Spoon into bowls and scatter remaining cheese and parsley.



Infused White Truffle Grapeseed Oil



Off the shelf

Kitchen gadgets, gorgeous gifts and more, to ensure you and your loved one enjoy a romantic Valentine's Day this year



Enjoy heart-shaped cookies and sweet treats such as cake pops and cupcakes from **HEY SUGAR**. Each cake pop is AED 12, and heart-shaped cookies with personal messages are AED 20 each.



Fill up a gift hamper at **CANDELITE!** with various chocolates, sweets and goodies. Hampers range from AED 75 to AED 250.



Not sure what to gift your loved one this Valentine's Day? The 'Love note box' from **MAGNOLIA BAKERY** should do the trick. At AED 95, it's a most indulgent treat to proclaim your love.

Prepare guilt-free desserts with these gourmet mixes from **CATWALK COW**. Available at all leading supermarkets, each mix is prepared with quality ingredients such as natural raw cane sugar, real Madagascar bourbon vanilla, unbleached flour and dark Belgian cocoa.



Take-home hampers from **CARLUCCIO'S** are available between 9 and 15 February for AED 119 a box. Specialities such as beetroot tortellini and *parmigiana di zucchini* are included along with adorable heart-shaped chocolate brownies.



Dress up your couch with this 'LOVE' cushion from **@HOME** for AED 99.



Place chunks of chocolate in the bowl and microwave to melt. Dip chocolates, strawberries, marshmallows, pretzels... the options are limitless! The **LAKELAND** chocolate dipping bowl for AED 29 comes with a plastic fork and is perfect for a relaxed dessert to share while watching your favourite movie.



Opt for a dreamy picnic by the beach with these handy baskets from **SALADICIOUS** for AED 700.



Scrumptious fondant covered red velvet whoopee pies and customised cupcakes from **Maison Sucre Bakery & Cafe** at AED 10 to 14 each.



Lover's tea blend of floral, exotic and herbal ingredients is available at **CAMELLIA'S TEA HOUSE** for AED

70 to AED 120. Available at The InterContinental Hotel, Desert Palm and The Spa at Fairmont Dubai.



Share a jar of decadent white truffles with your loved one, at only AED 75 from **CARLUCCIO'S**.



Cheese lovers will adore this heart shaped cheese board. Available from **DÉ JÀ vu DÉCOR** for AED 225. Visit their Facebook page to place your order.

A CARNIVAL OF LOVE



ROCOCO
BOCOCO

REFLECTING THE ROMANCE OF THE CARNIVAL OF VENICE, ROCOCO SETS THE MOOD FOR AN INTIMATE DINNER ON VALENTINE'S DAY. MAKE IT A DAY TO REMEMBER BY EXPERIENCING A VENETIAN MENU AND GET INTO THE UNIQUE ATMOSPHERE OF THIS FASCINATING CITY.

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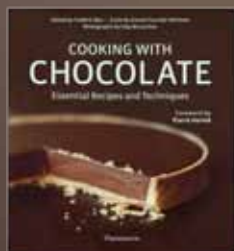
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Life is *Magnifique*

CHOCOLATE

for your soul

BBC Good Food ME goes beyond the palatable taste of chocolate to discover more about the world's most comforting sweet treat



Master chocolate the Valrhona way

World famous chef, Jeremy Runel from Valrhona was in Dubai recently doing a chocolate demonstration of recipes from the new cookbook *Cooking with Chocolate*. Runel is one of the writers of this beautiful, glossy book, and one lucky reader has a chance to win a signed copy!

To win your copy email marizel@cpidubai.com with the subject line *Cooking with Chocolate* and please include your name and details.

Melt in your mouth
chocolate delights!

Chocolate, the melt in your mouth, soft, smooth and creamy in texture indulgence that connotes notions of pleasure, happiness and comfort is perhaps the most significant guilty pleasure around the globe.

With a variety available on the market ranging from bittersweet, semi-sweet, milk, white, traces of nuts, spices and fruits among them, there's a bit of something for everyone. With this in mind, we have decided to delve a little deeper and take a look at chocolate's rather affluent history and more.

The cultivation of chocolate traces back to centuries ago where the cocoa tree was found in warm and humid tropical rainforests near the equator in regions such as Venezuela, Honduras and Mexico. Today, however, Africa is the main cocoa supplier supplying over 75 percent of cocoa crop from around the world. It is known that Mexicans were the first to introduce chocolate to the world, initially consumed as Xocóatl, a bitter sweet drink infused with spices, consumed by the high echelons of the Aztec society. It was later opened for trade to Italy and other parts of Europe, thus creating a culinary evolution.

Fast forward to today, and we see that chocolate has taken the world by storm due to its delightful aroma, delectable taste and usage in culinary creations. Furthermore we see that along with its taste factor, chocolate also brings with it numerous health benefits that can be acquired over a period of time.

According to research conducted by Penny Kris-Etherton, PHD, nutritionist at Penn State University, people who eat a diet rich in cocoa powder and dark chocolate had lower oxidation levels of bad LDL cholesterol, higher blood antioxidant levels, and four percent higher levels of good cholesterol levels (HDL).

Chocolate which is high in cocoa solids (above 70 percent) has proven to consist of antioxidants and essential vitamins and minerals such as iron, magnesium, calcium and potassium. Its high magnesium factor is also known to be beneficial with stress levels and cardiovascular disease.

"Dark chocolate contains no milk fat, this is good for circulation," says Sprüngli Confiseur Mr Sepp Faessler.

Throughout the years, myths have been passed around with regards to the reason as to why chocolate should not be consumed. Here are a few myths debunked.

Myth 1: Chocolate causes weight gain

Fact: Foods consumed in moderation is key to leading an overall healthy lifestyle. An average chocolate bar contains 200-220 calories and indulging in a small piece will help you keep on track with your diet and lifestyle, while restricting yourself will only make one consume larger quantities later on. Opt for dark chocolate with a high percentage of cocoa in order to gain health benefits while savouring a small piece.

Myth 2: Chocolate causes acne

Fact: According to studies conducted at the University of Pennsylvania, chocolate has no effect on acne at all.

Myth 3: Chocolate milk is bad for children

Fact: Many believe that chocolate milk is merely a drink loaded with sugar however it consists of zinc, potassium and iron and is in fact more nutritious than plain milk. Here again, moderation is key.

TIPS ON STORING CHOCOLATE:

- Always store chocolate in a cool, dry place. Do not store it under direct sunlight or heat as the color will fade and the temperature of the chocolate will increase, causing the chocolate to melt.
- Chocolates can be frozen for up to six months. Wrap chocolate in double air-tight sealed plastic freezer bag before freezing. Once you are ready to use the chocolate again, thaw it to room temperature before consuming, this will keep moisture away from the chocolate.

NOT THE BLOOM YOU WANT

"When chocolate is stored in improper conditions, the fat (cocoa butter) pushes out past the solid particles and forms a white coat of crystals. This is known as bloom and even though it isn't appealing in appearance, bloom can be wiped off the surface and the chocolate can still be consumed," says Sprüngli Confiseur Mr Sepp Faessler. "Changes in temperature can cause bloom to appear on chocolate. This has a detrimental effect on the way it melts in the mouth and its appearance. For this reason, it is important to ensure that chocolate is stored in the ideal conditions," he continues.

BBC Good Food ME picks a few of our favourite chocolate hampers and treats from within the region



DATE CHOCOLATES, AVAILABLE AT YUMMY TUMMY FOR AED 135 PER KG

We dare you to eat just one! The chocolate covered date is a delight in a bite, with its hard texture on the outside to the smooth melt in your mouth taste on the inside. Email nidhi@yummysummy.ae or call +97155 652 8727 to place your order.

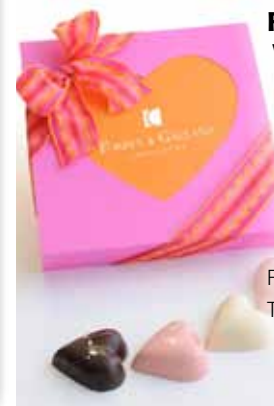


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chocolate and are all freshly made and sold within 24 hours of production.



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MORE[®]

masters the flavours
...in catering, coffee,
ice cream and more

MORE, Dubai's favourite café, is committed to sourcing the best quality ingredients and creating delectable food experiences every time you visit. This month, we explore the ice cream, coffee and catering service that makes MORE not your average cafe



MORE mini burgers



Delectable prawn skewers

Catering to all your foodie needs

MORE Café has an extensive catering menu that will take all the fuss out of entertaining. Whether you are hosting a stylish canapé party, your best friend's baby shower or a relaxed lunch for the family, the MORE Café catering menu is filled with sumptuous savoury and sweet treats to suit every occasion.

For yummy nibbles, you can enjoy bite-sized rolls with fillings like smoked turkey ham with cranberry, shrimp and dill and subtly spicy tandoori chicken. There are also juicy mini burgers, and a fantastic selection of wraps, mini pies, savoury pastries, skewers, crudités, gorgeous fresh bread and a selection of dips. These canapés are perfect as a substantial snack with your drinks; mix and match for that easy party for friends. And, if healthier sharing meals is what you are after, MORE offers lovely salad platters in a variety of flavours.

For sweet treats, there is a mouthwatering selection available. Beautifully presented mini cakes: chocolate brownies, carrot cakes and lemon, blueberry and mango tartlets, are just a few on the menu. If you're hosting a breakfast party or an office meeting, the selection of croissants and pastries will be just what you are looking for. You can purchase delicious full cakes and tarts too.

To place your order, simply visit morecafe.biz and make your selection online. It is a simple, hassle-free way to order.



Freshly roasted coffee at its best

The idea of MORE coffee has been around since the inception of MORE Café. The roaster was purchased years before the first roast ever took place. However, as with all things MORE it was not going to happen until everything was just right.

In late 2006 the Managing Partner, Wouter Lap of MORE and one his loyal customer struck up a conversation about coffee. This customer, Mohamed Moledina happened to be a founding member of the Specialty Coffee Institute and had a family business that had been focused on importing high end coffee beans since 1926. After showing Chef Lap pictures of coffee beans and coffee trees he kept on his phone it was easy to see Mohamed had a passion for coffee like no other. The two quickly became friends and shortly thereafter decided to launch MORE coffee with their friend and colleague John Salek.

The response was immediate as MORE coffee sales increase by 12 percent in the first month. MORE uses a collection of beans that stem from four different continents. The culmination of those beans make up the variety of straight and blended coffees with over seven different blends available at MORE Café.





The secret to MORE's ultimate ice cream creations

Only real cream and authentic ingredients can be blamed for MORE Café's ice creams huge success. With over an astonishing 400 flavours there are few palates that have not been impressed. Recipes are often unique and there really are no limits. The client's imaginative and culinary aspirations can be realized.

Have you ever tried horseradish ice cream? perhaps it hasn't topped the best selling list like the more popular chocolate, cherry and coconut but it confirms the brand's ability to customise and its willingness to go the extra distance. MORE Cafes offer a wide selection of the flavors including sorbets and sugarless options. Be sure to enjoy next time you dine in or take home in convenient take away tubs. Only issue will be, knowing when to stop!

MORE Ice Cream's three secret ingredients: quality of product, customisation, customer service!

WIN WIN WIN

Fill in the blank spaces and you'll go into the draw to win two places in the March MORE Cooking Skills! All answers can be found on the MORE website, morecafe.biz.

- **ART:** MORE Café offers a _____ platform for people to express themselves
- **MENU:** The MORE menu offers a variety of modern _____ dishes.
- **TRIVIA:** MORE won the *BBC Good Food ME Award* in _____

To complete the quiz online visit the competitions page on bbcgoodfoodme.com or email marizel@cpidubai.com with your answers.



This Valentine's Day, MORE Café presents this gorgeous Red Velvet Cake recipe for you and the family to enjoy!

Red Velvet Cake

MAKES 1 CAKE

500g flour
8 g salt
30 g cocoa powder
226 g butter
600 g sugar
4 pcs. egg
20 g vanilla essence
480 ml milk
1 pc. lemon
5 g red food coloring
10 g white vinegar
10 g baking soda

- 1** Mix the lemon juice with the milk and set aside.
- 2** Beat the soft butter with the sugar until light and fluffy and then, add the eggs one by one to the butter mixture, ensuring it is mixed well. Put the vanilla essence and mix again.
- 3** Combine the red food colouring with the milk mixture.
- 4** Combine all the dry ingredients: flour, salt, sugar and cocoa powder.
- 5** Add the flour mixture and milk mixture to the butter mixture and then,

combine until it is mixed thoroughly.

6 In a small cup, combine together the white vinegar and baking soda. (It will make bubbles.) Then add it to the cake batter.

7 Mix well but do not over mix it. Divide the batter into cake moulds. Bake the cake at 175C for approximately 50 minutes or until cooked.

VANILLA BUTTER CREAM FROSTING

MAKE 670G

80g vegetable shortening
95g butter
6g vanilla essence
450g icing sugar
36ml milk

- 1** Whip the butter until pale and fluffy and then, add the icing sugar and mix on low speed until well-combined. Afterwards, start mixing on high speed to aerate for 5 minutes.
- 2** Then add the milk and vanilla essence and beat for a further 2 minutes at medium speed.
- 3** Store at room temp for seven days or in the fridge for 30 days.



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Everyday recipes

- Make something different tonight
- 5 simple soups
- Eat well all week
- Hit your 5-a-day
- Ready in 30

Pepper lime salmon
with black-eyed beans
– recipe, p20



22 Moroccan spiced
cauliflower & almond soup



27 Spiced turkey with bulghar
& pomegranate salad



34 Orecchiette with purple
sprouting broccoli and
wine sauce



Make something different tonight

Reinvigorate your shopping list in 2012. From our favourite new noodles to a superhealthy alternative to frozen peas, here's a dozen ingredients to make over your midweek meals, one simple swap at a time



Chicken, edamame & ginger pilaf

SERVES 4 • PREP 10 mins • COOK 17 mins **Easy** Low calorie, good for you

2 tbsp vegetable oil
1 onion, thinly sliced
thumb-sized piece ginger, grated
1 red chilli, deseeded and finely sliced
3 skinless chicken breasts, cut into bite-sized pieces
250g/9oz basmati rice
600ml/1pt vegetable stock
100g/4oz frozen edamame/soya beans
coriander leaves and fat-free Greek yogurt (optional), to serve

Heat the oil in a medium saucepan, then add the onion, ginger and chilli, along with some seasoning. Cook for 5 mins, then add the chicken and rice. Cook for 2 mins more, then add the stock and bring to the boil. Turn the heat to low, cover and cook for 8-10 mins until the rice is just cooked. During the final 3 mins of cooking, add the edamame beans. Sprinkle some coriander leaves on top and serve with a dollop of Greek yogurt, if you like.

PER SERVING 436 kcs, protein 32g, carbs 52g, fat 9g, sat fat 1g, fibre 3g, sugar 4g, salt 0.5g

HEALTHY BENEFITS

Adding edamame beans to our pilaf increases the fibre, folic acid and vitamin C it provides. Being a legume, these beans are a good source of protein, low in saturated fat and rich in protective isoflavones, which are heart- and hormone-friendly.

Black bean tostadas with avocado salsa

SERVES 4 • PREP 10 mins • COOK 15 mins **Easy** Very good source of fibre, counts as 2 of 5-a-day

8 corn tortillas (look for them near the other wraps or by the Mexican food)
2 tbsp olive oil
1 onion, chopped
3 garlic cloves, chopped
1 tbsp each smoked paprika and ground cumin
5 tbsp cider vinegar
3 tbsp clear honey
3 x 400g cans black beans, rinsed and drained
choose a few toppings – chopped tomatoes, sliced red onion, diced avocado, sliced jalapeño peppers, coriander sprigs
crème fraîche or Tabasco chipotle sauce, to serve

1 Heat oven to 200C/180C fan/gas 6. Brush the tortillas with a little of the oil and place in a single layer on baking sheets. Cook for 8 mins until crisp.
2 In a large frying pan, heat the remaining oil. Add the onion and garlic, and cook for 5 mins. Add the spices, vinegar and honey. Cook for 2 mins more. Add the beans and seasoning, and heat through.
3 Remove from the heat and mash the beans gently with the back of your spoon to a chunky purée. Spread some beans over the crispy corn tortillas, scatter with your choice of toppings and add a spoonful of crème fraîche to cool down, or a splash of chipotle Tabasco to spice it up.
 PER SERVING 675 kcs, protein 27g, carbs 91g, fat 17g, sat fat 7g, fibre 15g, sugar 18g, salt 0.6g



Corn tortillas are full of flavour, last for ages, and make a really nice change from flour tortillas

Like kidney beans?
You'll love
black-eyed beans



Pepper lime salmon with black-eyed beans

SERVES 2 • PREP 10 mins •
COOK 20 mins **Easy** Heart-friendly,
good for you, good source of fibre,
source of omega-3, counts as
1 of 5-a-day

2 x salmon fillets
(about 125g/4½oz each)
1 tbsp Creole or Cajun seasoning mix
100g/4oz basmati rice
400g can black-eyed beans,
rinsed and drained
1 tbsp hot pepper sauce
1 tbsp clear honey
2 limes, 1 juiced, 1 cut into wedges
small bunch coriander, roughly
chopped, plus extra to serve

1 Heat the grill to hot. Roll the salmon in the Creole seasoning to cover. Cook the basmati rice following pack instructions, adding the black-eyed beans for the final 2 mins of cooking. Drain, place back in the pot and cover with a lid.
2 Grill the salmon fillets for about 8 mins without turning. While they cook, mix together the pepper sauce, honey and lime juice. Stir the coriander through the rice, drizzle the sauce over the salmon, scatter with extra coriander leaves, and serve with the lime wedges.
PER SERVING 581 kcs, protein 41g, carbs 67g, fat 16g, sat fat 3g, fibre 8g, sugar 10g, salt 0.6g

HEALTHY BENEFITS

This recipe is heart-friendly. As well as the healthy omega-3 fats from the salmon, the black-eyed beans supply potassium, a mineral important for managing blood pressure. Black-eyed beans are also a rich source of soluble fibre, which keeps cholesterol in check.

In America, **low-fat buttermilk** is a popular base for a creamy salad dressing. Let's lighten up our versions!



Cobb salad with buttermilk ranch dressing

SERVES 2 • PREP 15 mins • NO COOK
Easy Good source of vitamin C and folate, counts as 3 of 5-a-day

2 Baby Gem lettuces, leaves separated
1 avocado, stoned and sliced
2 plum tomatoes, chopped
3 rashers cooked crispy bacon
140g/5oz cooked turkey breast or chicken, cut into bite-sized pieces
2 hard-boiled eggs, chopped into chunks
FOR THE DRESSING
75ml/2½fl oz buttermilk
2 tbsp light mayonnaise
1 tbsp white wine vinegar
1 tbsp chopped dill
½ garlic clove, crushed

In a small bowl, whisk the dressing ingredients together with some salt. Arrange the salad ingredients separately on 2 plates or a platter, and serve with the dressing on the side.
PER SERVING 472 kcs, protein 43g, carbs 8g, fat 30g, sat fat 8g, fibre 4g, sugar 7g, salt 2.5g



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For reservations call 04 381 3111

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5 simple soups

Satisfying and comforting soup is the ultimate meal in a bowl. Make a batch and freeze

Root vegetable & ginger soup

SERVES 6 • PREP 15 mins • COOK 40 mins **Easy** **V** *****

Counts as 2 of 5-a-day, Low fat
Fry 1 **chopped onion** and a **thumb-sized piece grated ginger** in 1 **tblsp olive oil** for 5 mins until softened. Add a **1kg pack frozen vegetable casserole mix** (carrots, swede, parsnips, leeks, turnips etc) with a **few finely chopped rosemary sprigs**.

Cover with 2 **litres hot vegetable stock**, bring to the boil, then simmer for 30 mins until veg is tender. Add **50ml milk** and season well. Blend the soup and serve with black pepper and lots of **crusty bread**.

PER SERVING 85 kcals, protein 3g, carbs 10g, fat 4g, sat fat 1g, fibre 4g, sugar 7g, salt 1.8g

Moroccan spiced cauliflower & almond soup

SERVES 4 • PREP 5 mins • COOK 25 mins **Easy** **V** ***** Counts as 1 of 5-a-day

Cut 1 **large cauliflower** into small florets. Fry 2 **tblsp olive oil**, ½ **tsp each of ground cinnamon, cumin and coriander** and 2 **tblsp harissa paste** for 2 mins in a large pan. Add the cauliflower, 1 **litre hot vegetable or chicken stock** and 50g **toasted flaked almonds**.

Cover and cook for 20 mins until the cauliflower is tender. Blend soup until smooth, then serve with an extra drizzle of **harissa** and a sprinkle of **toasted almonds**.

PER SERVING 200 kcals, protein 8g, carbs 8g, fat 16g, sat fat 2g, fibre 3g, sugar 3g, salt 2.7g

Chunky bean & meatball soup

SERVES 4 • PREP 15 mins • COOK 40 mins

Easy ***** High in fibre, counts as 4 of 5-a-day
Fry 1 **chopped red onion** in 1 **tblsp olive oil** for 5 mins until softened. Push the onion to one side of the pan. Roll meat from 4 **sausages** into small meatballs and add to the free space in the pan, cooking for 5 mins until golden.

Stir in 2 x **400g cans chopped tomatoes**, 500ml **hot chicken stock**, 1 **tblsp red wine vinegar** and 1 **tsp sugar**. Cover and cook for 20 mins. Drain a **400g can mixed beans** and add to the pan, season well and cook, uncovered, for a further 10 mins. Scatter with **Parmesan** and **basil leaves** to serve.

PER SERVING 340 kcals, protein 18g, carbs 27g, fat 18g, sat fat 6g, fibre 11g, sugar 10g, salt 2.7g

Creamy kale & Stilton soup

SERVES 4 • PREP 10 mins • COOK 20 mins

Easy ***** Put 1 **large peeled and diced potato** and 1 **litre hot stock** in a large pan. Cover, bring to the boil and cook for 10 mins until potato is tender. Add 200g **chopped kale** and 100g **crumbled Stilton**, cover, and cook for a further 5 mins.

Stir in 3 **tblsp double cream** and a **generous grating of fresh nutmeg**. Season well, then blend half the soup before mixing it back into the unblended half. Serve with some extra **Stilton** crumbled on top.

PER SERVING 298 kcals, protein 11g, carbs 13g, fat 23g, sat fat 14g, fibre 2g, sugar 1g, salt 3.1g

Pesto, pea & prawn soup

SERVES 4 • PREP 5 mins • COOK 15 mins

Easy ***** High in fibre, counts as 2 of 5-a-day
Fry 4 **chopped spring onions** in 1 **tblsp olive oil** for 2 mins until softened. Add 1 **small peeled and diced potato**, 100g **pesto** and 1 **litre hot vegetable stock** and bring to the boil. Cook, covered, for 10 mins. Tip in 500g **frozen peas** and cook for 5 mins more until peas and potatoes are tender.

Blend soup for a few secs, leaving some of the veg whole. Add 150g **cooked prawns**, bring to the boil, add a **squeeze of lemon juice**, and season. Serve with spoonfuls of **crème fraîche** and drizzles of **pesto**.

PER SERVING 298 kcals, protein 22g, carbs 16g, fat 16g, sat fat 1g, fibre 7g, sugar 4g, salt 3g

Moroccan spiced cauliflower & almond soup

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BREAKFAST

Dried fruit compote

SERVES 4 • PREP 5 mins plus cooling •
COOK 5 mins **Easy** **1 of 5-a-day**

140g/5oz dried fruit (we used apricots, cherries and sultanas)
½ tsp cinnamon
300ml/½pt apple juice
200g tub fat-free Greek yogurt
100g/4oz granola

1 Put the dried fruit into a small pan with the cinnamon and apple juice, give everything a stir then simmer for 5 mins until the apple juice is syrupy. Remove from the heat and allow to cool.

2 Divide the yogurt between 4 bowls then top with the compote and granola.

PER SERVING 253 kcals, protein 8g, carbs 49g, fat 2g, sat fat 1g, fibre 2g, sugar 38g, salt 0.1g

Chargrilled veg houmous with dippers

SERVES 4 • PREP 10 mins • NO COOK
Easy **3 of 5-a-day**

350g/12oz frozen chargrilled vegetables, defrosted
400g can chickpeas, drained
1 garlic clove, chopped
juice ½ lemon
1 tsp olive oil
2 wholemeal pittas, toasted and sliced
100g/4oz radishes, scrubbed
2 carrots, cut into batons
3 celery sticks, cut into batons

1 Tip the vegetables, most of the chickpeas, garlic and lemon juice into the bowl of a food processor with some seasoning, then whizz until smooth.

2 Put the houmous into a serving bowl. Scatter over the reserved chickpeas and the olive oil. Serve with toasted pitta slices and the vegetables to dip in.

PER SERVING 266 kcals, protein 12g, carbs 40.3g, fat 5.9g, sat fat 0.8g, fibre 9.1g, sugar 8.6g, salt 0.4g

LUNCH

DINNER

Cod & tomato tray bake

SERVES 4 • PREP 15 mins •
COOK 30 mins **Easy** **4 of 5-a-day**

2 red peppers, deseeded and chopped
2 red onions, cut into wedges
250g/9oz cherry tomatoes
handful black olives
½ x 680g jar passata
400g can butter beans, drained
4 skinless cod fillets (about 600g/1lb 5oz)
small bunch basil

1 Heat oven to 220C/200C fan/gas 7. Put the peppers, onions, tomatoes and olives into a large, deep baking tray and cook for 15 mins until they start to soften and char at the edges.

2 Stir in the passata, season, then make 4 little areas and nestle in the cod. Return to the oven and cook for a further 15 mins until the cod is cooked through. Sprinkle over the basil and serve with crusty bread, if you like.

PER SERVING 284 kcals, protein 37g, carbs 27g, fat 3g, sat fat 1g, fibre 8g, sugar 14g, salt 2.3g

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Bernard Bach **, Le Puits St Jacques | Cyrus Todiwala, Spice Namaste, London | Joe Barza, Chase, Beirut

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help you stay on track
Recipes LUCY NETHERTON
Photographs YUKI SUGIURA



Beef burger with sweet potato chilli chips

SERVES 4 • PREP 15 mins • COOK 30
mins **Easy** uncooked burgers only
Low calorie, good source of fibre,
counts as 3 of 5-a-day

- 4 large, roundish sweet potatoes,
cut into chunky chips
- 1 tsp olive oil
- 1 tsp chilli flakes, plus a pinch
- 400g pack extra-lean beef mince
- 1 onion, grated
- 1 tbsp grated Parmesan
- 1 tbsp tomato ketchup
- 4 small wholemeal buns, halved


- 1 Little Gem lettuce, leaves separated
- 1 beef tomato, sliced
- 1 red onion, sliced (optional)
- 4 pickles or gherkins, halved

1 Heat oven to 220C/200C fan/gas 7.
Toss the chips with the oil, 1 tsp chilli
flakes and some seasoning. Arrange
in a single layer on a large baking tray
and cook for about 30 mins, turning
halfway through.

2 Put the mince, remaining chilli flakes,
onion, Parmesan, tomato ketchup and
lots of black pepper in a large bowl and
mix to combine. Shape into 4 burgers.
Ten mins before the chips are ready, put
the burgers on a baking tray and bake
for 10 mins until cooked through.
3 Top one half of the buns with the
lettuce, tomato and onion. Add the
burgers, then top with the roll tops.
Serve with chips and pickles on the side.
PER SERVING 467 kJ, protein 31g, carbs 57g,
fat 13g, sat fat 5g, fibre 7g, sugar 15g, salt 1.3g

Spiced turkey with bulghar & pomegranate salad

SERVES 4 • PREP 10 mins •

COOK 30 mins **Easy**  Low calorie, good for you, counts as 1 of 5-a-day, Low fat

2 tbsp each chopped dill, parsley & mint
zest and juice 1 lemon
1 tbsp harissa paste
500g/1lb 2oz turkey breast fillets
2 tbsp white wine or water
250g pack bulghar wheat or a mix – we used quinoa & bulghar mix
2 tomatoes, chopped
½ cucumber, diced
100g pack pomegranate seeds

1 Heat oven to 200C/180C fan/gas 6. Mix together half the herbs, half the lemon zest and juice, and all the harissa with some seasoning. Rub the turkey in the marinade and leave for 5 mins (or up to 24 hrs in the fridge).

2 Lay out a large sheet of foil. Put the turkey and marinade, and wine or water, on top, then cover with another layer of foil, fold and crimp the edges to seal. Transfer the parcel to a tray, then bake for 30 mins until cooked through.

3 Meanwhile, make the salad. Cook the bulghar following pack instructions. Drain, then mix with the remaining herbs, lemon zest and juice, plus the tomatoes, cucumber and pomegranate seeds. Slice

the turkey and serve on top of the salad with the foil parcel juices poured on top.

PER SERVING 304 kcals, protein 41g, carbs 23g, fat 9g, sat fat 1g, fibre 4g, sugar 7g, salt 0.7g

MAKE IT VEGGIE

Halloumi & bulghar salad for 4

Thinly slice a **250g pack halloumi**, then marinate as per turkey recipe. Make the salad as per turkey recipe, adding **3 tbsp halved black olives**.

Grill halloumi, turning halfway, for about 5 mins, until golden and crisp on each side, then serve with the salad and a dollop of **Greek yogurt**.





Chilli pepper pumpkin with Asian veg

SERVES 2 • PREP 10 mins •

COOK 30 mins Easy V GF

Low calorie, good source of fibre, calcium and vitamin C, counts as 2 of 5-a-day, Low fat

1 small pumpkin or ½ butternut squash, cut into chunks (seeds removed), no need to peel

2 tsp sunflower or vegetable oil

1 tsp each mild chilli powder and five-spice

175g/6oz thin-stemmed broccoli

175g/6oz bok choy, quartered

2 tbsp low-sodium soy sauce

2 tbsp rice wine vinegar

1 tbsp honey

1 lime, ½ juice, ½ cut into wedges

few coriander leaves

1 Heat oven to 220C/200C fan/gas 7. Toss the pumpkin in the oil, then sprinkle on the chilli powder, five-spice, 1 tsp black pepper and a pinch of salt, and mix well. Tip into a roasting tray in a single layer and cook for 25-30 mins until tender and starting to caramelise around the edges.

2 About 5 mins before the pumpkin is cooked, heat a wok or large frying pan and add the broccoli plus 1-2 tbsp water. Cook for 2-3 mins, then add the bok choy, soy, vinegar and honey, and cook for a further 2-3 mins until the veg is tender. Add the lime juice, then divide between 2 plates with the pumpkin, coriander leaves and lime wedges.

PER SERVING 248 kcals, protein 9g, carbs 42g, fat 5g, sat fat 1g, fibre 7g, sugar 30g, salt 1.9g





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Pasta with prawns, mascarpone & lemon

SERVES 2 • PREP 10 mins •

COOK 20 mins **Easy** Low calorie, high in fibre, good source of vitamin C, counts as 1 of 5-a-day, Low fat

140g/5oz dried pasta, preferably wholemeal
85g/3oz frozen peas
85g/3oz frozen broad beans, podded if you like
100g/4oz broccoli, cut into small florets
100g/4oz cooked and peeled prawns
1 lemon, ½ zest and juice, ½ cut into wedges
3 tbsp light mascarpone
½ small bunch mint or basil leaves, shredded, plus a few whole leaves to serve

1 Cook the pasta following pack instructions, adding the vegetables 4 mins before the end of the cooking time, and the prawns just as the cooking time is up. Reserve a mug of the water, then drain everything and tip back into the pan.

2 Tip in the lemon zest and juice, and the mascarpone, and heat through, adding enough of the pasta water to create a creamy sauce. Scatter in the shredded mint or basil, a good grinding of black pepper and a little salt. Divide between 2 warmed pasta bowls, scatter over the herb leaves and serve with lemon wedges.

PER SERVING 446 kJ, protein 31g, carbs 58g, fat 10g, sat fat 5g, fibre 11g, sugar 5g, salt 2.1g

MAKE IT A PASTA BAKE Creamy prawn & greens pasta bake for 2

Cook pasta, veg and prawns as per recipe, then mix with the lemon zest and juice, and a **200g tub light soft cheese with garlic and herbs**.

Tip into a baking dish, scatter with **50g wholemeal breadcrumbs** plus **1 tbsp grated Parmesan** and grill to crisp.

Appreciate authentic Chinese cuisine.



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Ready in 30



Bresaola, goat's cheese and chicory salad with hazelnuts

SERVES 2 • 15 minutes • Easy

golden caster sugar 50g
hazelnuts or pecans 30g
bresaola 4 rashers
seedless raspberry jam 2 tbsp
balsamic vinegar 2 tbsp
red chicory 2 heads
goat's cheese 70g, crumbled
crusty bread to serve



1 Heat the sugar gently in a pan until it melts and forms a golden caramel. Add the nuts and swirl the pan around to coat them. Pour out onto a sheet of baking parchment and leave to cool.

2 Grill or fry the bresaola until crisp, then drain on kitchen paper. Break into large pieces. Heat the jam in a small saucepan until it melts and then take off the heat and whisk in the balsamic vinegar.

3 Arrange the chicory leaves with the bresaola and the cheese on two plates, add the nuts and drizzle over the dressing.

PER SERVING 454 kcal, protein 13.9g, carbs 42.4g, fat 25.7g, sat fat 9.8g, fibre 1.9g, salt 1.3g

Stylish and simple
after-work suppers for two
Recipes KATE CALDER Photographs
MAJA SMEND

Lemon and thyme chicken with roast potatoes and olives

SERVES 2 • 30 minutes • Easy

floury potatoes 2 large, peeled and
diced into 2cm cubes
kalamata olives 14
onion 1/2, thinly sliced
thyme 4 sprigs, 2 with leaves stripped
olive oil
chicken breasts 2, sliced in half
horizontally (not all the way through)
and opened out like a book
lemon 1, cut into quarters
mayonnaise 3 tbsp, with either a
squeeze of lemon juice or 1/2 clove
crushed garlic

1 Put a shallow, non-stick baking tray with 2 tbsp olive oil in a 220C/fan 200C/gas 7 oven to heat. Cook the potatoes in boiling water until just tender, about 5 minutes, then drain. Toss the potatoes in the hot oil, add the olives and the onion to the tray and season. Bake in the oven on the top shelf for 20 minutes until crisp and golden.

2 Meanwhile, heat a griddle (chargrill) pan or heavy frying pan. Mix the thyme with 1 tbsp olive oil. Brush the chicken with the flavoured oil and season well. Put on the griddle and squeeze over the lemon quarters, then leave the lemons, cut-side down, on the griddle. Cook the chicken for about 3-4 minutes each side until grill-marked and cooked through.

3 Serve the chicken with a squeeze of lemon juice, the roasties, and a dollop of mayonnaise.

PER SERVING 819 kcal, protein 44.3g, carbs 27.9g, fat 58.8g, sat fat 9.1g, fibre 2.8g, salt 1.6g

Lemon and thyme
chicken with roast
potatoes and olives



FLAVOURS OF THE REGION

Al Ain Dairy has created delicious new flavours to reflect signature ingredients of the UAE. Lovely, sweet date-flavoured milk and aromatic cardamom-flavoured milk will make it that much more tasty to up your calcium intake.





Baked haddock and herb parcels with lemon wild rice

SERVES 2 • 30 minutes • Easy

preserved lemon 1/2, pulp removed and cut into strips
 basmati and wild rice 100g
 vegetable stock 450ml
 haddock fillets 2, about 175g each
 fennel 1 small bulb, finely sliced
 olive oil
 tarragon 2 sprigs plus a small handful, finely chopped
 parsley 2 sprigs, plus a small handful, finely chopped
 basil 2 sprigs, plus a small handful, finely chopped
 white wine vinegar

1 Heat the oven to 190C/fan 170C/gas 5. Add the lemon strips to the rice then cook following pack instructions in the vegetable stock. **2** While the rice is cooking, cut out 2 large squares of baking parchment and put a piece of fish on each one along with the sliced fennel. Drizzle over a little olive oil, season, then



divide the sprigs of herbs between the two. Scrunch the edges of the paper up and then seal at the top to make parcels. Sit on a baking tray and bake for 12 minutes, or until cooked through.

3 Mix the finely chopped herbs with 2 tbsp oil and the vinegar. Once the fish is cooked, remove the sprigs and serve with a drizzle of the herby dressing and the lemon rice.

PER SERVING 428 kcals, protein 34.1g, carbs 40.4g, fat 14.2g, sat fat 2.1g, fibre 2.3g, salt 2.3g



Orecchiette with purple sprouting broccoli and wine sauce

SERVES 2 • 25 minutes • Easy

orecchiette 150g
 purple sprouting broccoli spears 200g, halved lengthways if large
 olive oil
 red chilli 1, shredded
 garlic 2 cloves, thinly sliced
 white wine 175ml
 parmesan 50g, half finely grated and half in shavings

1 Cook the pasta following pack instructions adding the broccoli for the last 3 minutes of cooking.

2 While the pasta is cooking, heat a little oil in a pan and gently fry the chilli and garlic until lightly coloured and softened. Add the wine to the pan and simmer for 1 minute. Drain the pasta and broccoli. Tip into the pan with grated parmesan and some seasoning, then toss everything together. Serve with extra parmesan shavings.

PER SERVING 467 kcals, protein 21.8g, carbs 57.1g, fat 12.2g, sat fat 5.5g, fibre 3.8g, salt 0.5g

NUTRITIOUS CAMEL MILK

Many people aren't aware of the fantastic health benefits of camel milk. A rich source of protein with potential antimicrobial and protective activities, regular intake of camel milk is said to regulate blood sugar levels too.





Lamb steaks with winter greens, raisins and pine nuts

SERVES 2 • 20 minutes • Easy

olive oil
sherry vinegar 2 tbsp
shallot 1 small, thinly sliced
winter greens or curly kale 150g, shredded
pine nuts 20g
raisins 30g
lamb leg steaks 2 large or 4 small, about 380g in total

1 To make a shallot dressing, whisk 1 tbsp of the oil with 1 tbsp of the vinegar, add the shallot and season.

2 Blanch the greens in boiling water for 3 minutes and then drain and refresh under cold water. Heat 2 tbsp of oil in a wide pan and lightly toast the pine nuts. Add the raisins, the greens, the remaining vinegar, season and toss. Take off the heat and keep warm.

3 Rub the steaks with another tsp oil and season well. Fry or grill for 3-4 minutes on each side until cooked to your liking. Serve with the greens and the shallot dressing.

PER SERVING 677 kcals, protein 60g, carbs 11.4g, fat 43.2g, sat fat 10g, fibre 3g, salt 0.4g



Start your morning right!

Al Ain Dairy has a tasty and nutritious selection of drinking yoghurts available in cranberry-apple, peach-apricot and blackberry-apple flavours. New on the market is the mango-passion muesli flavour that is a healthy, filling way to start your day



**NEW FLAVOUR
FROM AL AIN DAIRY:**
Mango-Passion
Muesli Morning
Drinking Yoghurt

We all know how important breakfast is, but with our busy schedules and fast-paced lives, sometimes even making a nutritious meal in the morning can be a chore. With that in mind, Al Ain Dairy has created a delicious and satisfying range of Morning Drinking Yoghurts that you and your family are sure to love. A range of four delicious flavours, the yoghurt drinks come in 250ml packs, and each drink is a fantastic source of dairy.

Consumption of dairy products as a part of a nutrient-rich diet has long been recognised as an important contributor to maintaining health and nutrition for people of all ages. Diets rich in milk, cheese, yoghurt and other dairy products provide important vitamins and minerals essential for human growth and development.

An excellent source of nutrients, dairy products contain calcium, protein, potassium, phosphorus, and vitamins A and D. In addition to helping build strong bones, low fat dairy products can help reduce your risk of hypertension and certain cancers, and can play a role in better weight management.

Dairy products such as the Morning Yoghurt Drinks are an important source of calcium; which is a mineral that helps build strong bones and teeth, regulates muscle contraction (including the heartbeat) and makes sure the blood is clotting normally.

If you're similar to most, your diet is lacking calcium. And that puts your health, especially your bones, at risk. The key to increasing this valuable nutrient is to know where to find it. Although you may be led to believe that a pill or other fortified food is the answer, think again. Milk and other dairy products like yoghurt are the richest source of calcium you can find — with a lot of other benefits to boot!

An important mineral for children and adults alike, the delicious Morning Yoghurt Drinks will be a delicious source of calcium, protein and other nutrients and the perfect quick-and-easy way to start your day.

EVERYDAY

Smoky bacon and egg tart

If you only make one thing this February, try this clever twist on eggs and bacon

Recipe JANINE RATCLIFFE

Photograph MAJA SMEND

Smoky bacon and egg tart

SERVES 4 • 30 minutes

● Easy P

puff pastry 500g
tomato chutney 2-3 tbsp
thin-sliced smoked streaky
bacon 6-8 rashers
eggs 4, plus 1 for glazing

1 Heat the oven to 220C/
fan 180C/gas 6. Roll out
the pastry and trim to a
long rectangle approx
35cm x 25cm.

2 Put on a non-stick baking
sheet then score a border
2cm in from the edge.
Spread the chutney within
the border. Drape the
rashers over the top of the
chutney, overlapping
and leaving 4 obvious gaps
for the eggs. Glaze the
edges with egg.

3 Cook for 20 minutes then
take out the oven and
gently flatten the pastry if
puffed up. Crack an egg
into each gap and put
back in the oven for 8
minutes, or until the yolk is
cooked to how you like it.
Season the egg yolks and
cut the tart into 4.

PER SERVING 673 kcal, protein
20.6g, carbs 46.6g, fat 44.7g, sat fat
18.8g, fibre 0.2g, salt 2.5g



Styling CYNTHIA JONES | Food styling KATE CALDER

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Join us and experience Friday Family Brunch at The Ritz-Carlton, Dubai International Financial Centre. Chef Philippe has prepared a selection of French dishes based on his grandmother's recipes as well as assortment of charcuterie, artisan terrines and sausages - without forgetting the cheese! Live stations will also blow you away.

Every Friday from 12:30 p.m. to 4:00 p.m.
AED 290 including soft drinks, juices and mineral water

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Budget midweek meals

Whether you're cooking for two, four or six, we've got new wallet-friendly ideas for weeknight meals



Try something
different for dinner

Potato cakes with fried eggs & tomato chutney

SERVES 2 • PREP 15 mins •

COOK 15 mins **Easy** Cakes only

- 3 tbsp white wine vinegar
- 1 tbsp sugar
- ½ small onion, finely chopped
- ½ x 250g pack cherry tomatoes, quartered
- 400g/14oz cold mashed potato
- ½ bunch spring onions, finely sliced
- 1 tbsp plain flour
- 2 tbsp sunflower oil
- 2 eggs



1 Make the chutney: heat the vinegar and sugar with 1 tbsp cold water, swirling until sugar dissolves. Throw in the onion and cook for 1 min, then add the tomatoes and cook for 3 mins until starting to soften. Turn off the heat and set aside to cool.

2 Mix the mashed potato and spring onion with some seasoning, then shape into 4 patties and dust in the flour. Heat half the oil in a large non-stick frying pan and cook the potato cakes for 3 mins each side until golden. Remove from the pan and keep warm.

3 Heat the remaining oil in the frying pan, then crack both eggs in and cook how you like them. Serve 2 black pudding cakes per person, topped with a fried egg and a dollop of tomato chutney.

PER SERVING 613 kcals, protein 18g, carbs 55g, fat 37g, sat fat 8g, fibre 4g, sugar 14g, salt 1.78g

**Curried lamb & peas
with tomato & onion salad**

SERVES 4 ● PREP 15 mins ● COOK 20 mins   Curry only

3 tbsp curry paste (we used balti curry paste)

1 onion, chopped

1 garlic clove, crushed

500g pack lamb mince

200g/7oz frozen peas

small bunch coriander, chopped

200g/7oz basmati rice

1 red onion, finely chopped

250g pack cherry tomatoes, halved

1 Heat the curry paste in a large frying pan until it is fragrant. Add the onion, garlic and lamb, then cook for 15 mins until the

mince is really broken down and the onions are soft. Add the frozen peas and some seasoning, cook for 2 mins more, then scatter over half the coriander.

2 Meanwhile, cook the rice following pack instructions.

3 Make the salad by mixing the remaining coriander with the red onion and tomatoes. Add some seasoning, then serve with the curried lamb & peas and rice.


PER SERVING 520 kJ, protein 32g, carbs 53g, fat 22g, sat fat 9g, fibre 5g, sugar 7g, salt 0.94g



Quick and easy curry



Spicy chicken & bean stew

SERVES 6 ● PREP 15 mins ● COOK 1 hr
20 mins **Easy**  Low fat

about 1.25kg/2lb 12oz chicken thighs
and drumsticks (we used a 1.23kg
mixed pack)

1 tbsp olive oil

2 onions, sliced

1 garlic clove, crushed

2 red chillies, deseeded and chopped

250g/9oz frozen peppers, defrosted

400g can chopped tomatoes

420g can kidney beans in

chilli sauce

2 x 400g cans butter beans, drained

400ml/14fl oz hot chicken stock

small bunch coriander, chopped

150ml pot soured cream and crusty
bread, to serve

1 Pull the skin off the chicken
and discard. Heat the oil in a large
casserole dish, brown the chicken all
over, then remove with a slotted
spoon. Tip in the onions, garlic and
chillies, then fry for 5 mins until
starting to soften and turn golden.

2 Add the peppers, tomatoes, beans
and hot stock. Put the chicken back on
top, half-cover with a pan lid and cook
for 50 mins, until the chicken is cooked
through and tender.

3 Stir through the coriander and serve
with soured cream and crusty bread.

PER SERVING 366 kcals, protein 38g,
carbs 30g, fat 11g, sat fat 5g, fibre 9g,
sugar 12g, salt 2.45g



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The lovely Dalia Dogmoch, co-founder of Kitsch Cupcakes and the talent behind the popular *Cooking in D's Kitchen* blog shows us three different ways to bake with chocolate

Peanut butter & chocolate pie

1 cup smooth peanut butter
100g dark chocolate
3 eggs
1/3 cup castor sugar
1 tsp vanilla
400g Philadelphia cream cheese
200g dark chocolate digestive cookies
100g butter
¼ cup crushed peanuts

1 Preheat the oven to 160C. In a bowl, whisk the peanut butter, cream cheese, eggs, sugar and vanilla until creamy then set aside
2 In a food processor blend the digestive cookies and the butter until it resembles breadcrumbs. Then press the crumbs on the bottom of a 26 cm tart pan and brown the base in the oven for 10 - 15 minutes.
3 Pour the peanut butter mixture into the form, and bake in the oven for 35 - 40 minutes (until the filling is firm). Remove from the oven, let it cool and refrigerate for at least a few hours.
4 Soften the dark chocolate over a double boiler, drizzle the pie with a generous amount of melted chocolate, and sprinkle the crushed peanuts on top. Delicious!

Photography CRIS MEJORA



*Chocolate
heaven*

Red velvet cake with dark chocolate icing & raspberries

2 1/2 cups flour
 1 1/2 cups sugar
 2 eggs
 1/2 cup butter, softened
 1 cup milk
 1 tbsp white vinegar
 2 tsp vanilla
 1/4 cup cocoa powder
 1/2 tsp red food color
 1/2 tsp baking powder
 1/2 tsp baking soda
 1/2 tsp salt

CHOCOLATE ICING

1/4 cup dark chocolate, melted
 1/2 cup unsweetened cocoa
 1 cup icing sugar
 1/2 cup butter
 2 tsp vanilla essence
 pack of raspberries & chocolate shavings to garnish

1 Preheat the oven to 180C. In a large bowl, whisk the butter, sugar, vanilla, vinegar, colouring and add one egg at a time, mixing well after each egg.

2 In another bowl, sift the flour, cocoa, baking soda, baking powder and salt, set aside.

3 Using an electrical mixer, alternate adding the flour mixture and the milk to the egg batter. Combine well but do not over mix.

4 Pour the batter in three nonstick pans (16cm) and bake for about 30 minutes or until a toothpick or cake tester comes out clean. Let the cakes cool down.

5 In a stand mixer, whip up the butter until creamy, add the melted chocolate, cocoa and vanilla, then add the icing sugar gradually until well incorporated and creamy.

6 Now place one of the cakes on a rotating cake stand and spread a generous amount of icing on the cake. Place another cake on top and do the same, and with the last layer, turn the cake round side down and cover the entire cake with icing.

7 In the center place the raspberries, and sprinkle a little chocolate shavings on the side of this sumptuous chocolate cake. Decadent!

“Instead of a fancy cake, I wanted to go for a traditional iced cake. It looks so scrumptious and homemade; you can’t look and not have a piece of it!”





Chocolate cheesecake brownies

240g dark chocolate (at least 75%)

60g milk chocolate

100g butter

1 cup sugar

½ tsp vanilla

½ tsp salt

2 tbsp cocoa

½ cup flour

3 eggs

CHEESE MIXTURE

300g Philadelphia

¼ cup castor sugar

2 egg yolks

½ tsp vanilla

1 Preheat the oven to 180C. In a double boiler, melt the chocolate and butter together. Remove the bowl from the heat and add the sugar, vanilla, eggs, and combine all ingredients well.

2 Sift the flour, cocoa and salt, and then add it to the chocolate mixture.

3 In another bowl, whisk the cream cheese, eggs, sugar and vanilla until smooth. Line a square baking dish with parchment paper and pour the brownie mixture in it. Then pour the cheese mixture on top, and using a fork just swirl the cheese into the chocolate. Bake for 30 - 35 minutes, and let it cool before you cut into squares. Delicious!

Cooking with chocolate in D's kitchen

Dalia Dogmoch talks chocolate and her ultimate romantic dinners

What are three of your top tips to cooking and baking with chocolate?

Always use chocolate you actually enjoy eating on its own, as your dessert will only be as good as the chocolate tastes.

Always melt chocolate in a double boiler. You do not want it to burn and leave a bitter taste which would ruin your dish.

Always use the highest quality ingredients you can find which will enhance the taste of the chocolate you used.

What is the most romantically memorable meal that you have enjoyed with your husband?

We both love oysters, so when we were in Paris we had dinner at La Coupole and devoured so many, we couldn't see oysters anymore for a while. There is nothing like having oysters in Paris!

If you were cooking at home, what would your ultimate Valentine menu consist of?

I usually do cook at home for Valentine's Day and I try to make a different menu every year. I always try to incorporate an extravagant ingredient; whether its oysters, foie gras, or other delicacies you usually don't enjoy on a daily basis.

If dining out in Dubai, which restaurant do you think has the most romantic setting?

I must say that La Petite Maison's setting is beautiful. The food sharing is utterly romantic and the lighting makes everyone look stunning. If I don't cook for some kind of reason this year I will be having a *tete-a-tete* dinner there!

“The most beautiful combination is cheese and chocolate, as the savoury taste tones down the chocolate”



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Photo : Peter Lippmann

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Authenticity in a wok

The cheerful Chef Rain of Jade, Asiana Hotel Deira demonstrated his culinary skills at the beautiful Häcker Kitchen showroom and taught Food Club members authentic Chinese dishes cooked in a wok





**Tossed squid in
pickled chili salad**

120g squid
25g chili pickle
25g red pepper
25g green pickle
25g Spring onion
5g Chicken stock
1 black mushroom
30g corn oil
5g sesame oil
3g salt

- 1** Clean the squid and slice into circles, slice the green pepper, red pepper and black mushroom and then finely chop the chili pickle and spring onion. Set aside.
- 2** In a pan of boiling water, poach the squid and blanch the black mushroom, green and red pepper for 30 seconds. Drain and set aside.
- 3** Heat the corn oil in a wok or saucepan set over a very low heat. Add the chopped chili pickle and spring onions. Then combine all the ingredients and stir fry for 10 seconds. Season with salt
- 4** Serve on a plate and garnish as desired.



CHEF'S BITES

JADE



Stir fried scallops in xo sauce

100g scallops
50g asparagus
20g cabbage
20g xo sauce
10g chili sauce
5g spring onion
10ml chicken stock
40g potato starch
5ml light soya
10ml corn oil
pinch of white pepper

1 Cut the scallops into flower shapes, add salt and potato starch, mix well then set aside.

2 Trim the asparagus, cut into 2-inch pieces and blanch in a pan of boiling water for 10 seconds. Drain and set aside.

3 Shred cabbage and put into cold water.

4 Heat corn oil in a wok over medium/high fire. When the oil is hot, toss in the scallops for 20 seconds. Then put on a plate.

5 For the XO sauce: heat the corn oil in a wok set over a very low heat. Add the chili oil, xo sauce, light soya and chicken stock, stir-fry and combine all ingredients well then season with white pepper.

6 Plate the scallops and asparagus, pour the xo sauce over the top and then garnish with shreds of spring onion and cabbage.

Wok-fried shredded beef with pine nuts

120g beef tenderloin
25g celery
25g red pepper
25g green pepper
25g shitake mushroom
25g spring onion
25g chili sauce
20g flour
5ml soy sauce
1 egg
15g pine nut
10g oyster sauce
5g white pepper
50g corn oil
1 tsp sesame oil
5g chicken stock

1 Cut beef, celery, shitake mushroom, green and red pepper into strips. Set aside.

2 Pan fry the pine nuts until golden brown.

3 Heat corn oil in a wok or frying pan and stirfry the beef for 2-3 mins. Remove from pan and set aside.

4 Heat remaining oil in wok or frying pan and stir-fry onion and garlic until cooked, add red and green peppers, celery, shitake mushroom, and stir-fry for 3-4 mins longer.

5 Add the flour, soy sauce, oyster sauce and white pepper, stir into pan and cook for 2 minutes or until mixture thickens. Return beef to pan and cook for 2-3 minutes or until heated through.

6 Serve and garnish with the pine nuts on top.



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Eat Well Feel Well by Daniel Green

World renowned healthy eating expert and TV celebrity Chef Daniel Green will grace the kitchens of Dusit Thani Dubai from 5th to 9th February to introduce healthy dishes that will form part of the restaurant's menu.

Sample great tasting gourmet meals at Delicatessen and The Californian restaurant or book a table for the Gala Dinner in Al Wasl Ballroom on 8th February and embrace a healthy lifestyle.

Rates:

AED 395 per person inclusive of a 6-Course Gala Dinner* menu and selected house beverages in Al Wasl Ballroom

AED 125 per person inclusive of Themed Nights Buffet and soft beverages at The Californian restaurant

Visit Dusit Thani Dubai facebook page to participate in the competition and get a chance to win a Gala Dinner for two or a private homecooking for six with Chef Daniel Green.

**Amazing prizes to be won at the Gala Dinner*

For enquiries and reservations:

Tel: +971 4 317 4515

Email: dine.dtdu@dusit.com

Web: dusitthanidubai.dusit.com



PREMIUM SORBET

*Real fruit sorbet with the refreshing taste
of tropical mango and natural mango pieces.*



Mango sorbet magic

Executive Pastry Chef Alexander Haebe of Kempinski Hotel Ajman created a fresh, subtly spicy and delicious dessert using mango sorbet. An elegant end to an alfresco dinner party, we hope you enjoy creating this dessert at home



Chef Alexander Haebe

"A sweet, subtly spicy dessert with diverse textures"

Mango ice roulade

- 1 mango, peeled
- 1 cup vanilla-flavoured syrup
- Szechuan pepper
- 2 scoops mango sorbet

- 1 Cut mango lengthwise into thick slices.
- 2 Lightly boil the vanilla syrup in a pan, pour into a glass bowl and then place the mango in the syrup and leave to cool in the fridge overnight.
- 3 Dry the mango slices on tissue paper and spice with Szechuan pepper.
- 4 Line the mango on the foil and spread the mango sorbet on top.
- 5 Roll together like a Swiss roll and freeze.

PINEAPPLE CHIPS IN COFFEE CARAMEL

- 150g sugar
- 80g glucose
- 300g cream
- 40g butter
- pinch of Nescafe coffee
- 1 pineapple, very thinly sliced

- 1 Cook the glucose and sugar to caramelise and then deglaze with cream and the coffee.
- 2 Blend butter into the caramel mixture, strain and then cool.
- 3 Dip the pineapple in the caramel, place on baking tray and dry in the oven at 90 degrees Celsius until crispy.

To serve, line the plate with one pineapple chip, and gently place two roulades on top of each other. Use a few pieces of good quality dark chocolate to finish off the dessert.



- 1 Always use good-quality sorbet and juicy, ripe mangos to create the roulade.



- 2 Plate up like a professional with elegant layering and good pieces of chocolate.



- 3 To make it very special, paint on a little edible gold dust.



MANGO SORBET

A real fruit sorbet made with an irresistible and refreshing taste of tropical mango with natural mango pieces.



New York, New York

Chef Andrew Paderas shares a few signature dishes served at The Gramercy, the New York-style gastro-pub located in the bustling DIFC



Head chef Andrew Paderas

“We aren’t a steakhouse but have some of the finest cuts in town”

Ever since its launch in July 2010, The Gramercy has become a go-to restaurant and bar for after-work drinks and delicious gastro-pub food in a jazzy New York atmosphere.

“We aren’t a steakhouse, but we have some of the finest cuts in town,” says head chef Andrew Paderas.

Chef Paderas has a passion for great-quality ingredients and cooking styles that enhance the natural flavours and textures of the food.

“My fondest memory of my childhood is when my late father and I cooked together at home. He would tag me along to the markets and taught me how to choose vegetables and basic ingredients; it instilled a passion for fresh produce and cooking that really encouraged me to become a chef,” says Paderas

The talented chef that gained experience at Nobu in London and Gordon Ramsay’s restaurant, Maze in Qatar, before he moved to The Gramercy and he says he creates international dishes to suit everyone’s taste palate.



Saxophonist Adam Long enhances the ambience of the restaurant with his jazzy numbers

**BBC GOOD FOOD ME HAS A CHAT
WITH RESIDENT SAXOPHONE
PLAYER ADAM LONG**

**Who are some of your biggest
musical influences?**

Stand Getz and Miles Davis to name a few. The list goes on though!

What types of music do you cover?

Everything from jazz, funk and blues, sometimes I play at clubs and mix it up with DJs and play house music and techno too.



Blackened salmon on sweet potato mash with spiced tomato relish

SERVES 1

180-200g salmon fillet
2 tbsp. cajun spice mix
Few splashes lemon juice
Few slivers of fennel, thinly sliced
2-3 tbsp olive oil

FOR THE MASH:

1 cup sweet potato
½ tsp garlic
2 tsp chopped shallot
Few leaves of coriander, chopped
1 tbsp honey
A pinch of cumin
Salt and pepper

1 Drizzle olive oil into a small pot and sauté shallots and garlic until soft.

2 Add the mashed sweet potato and stir, after a few minutes add honey and season with salt and pepper. Lastly, add chopped coriander to garnish.

FOR THE SAUCE:

2 tbsp diced tomato
1 tbsp olive oil
A pinch of pepper flakes
½ tsp garlic
A few rosemary leaves
A few leaves of parsley, chopped
Salt and pepper

1 While non-stick pan is heating up, remove the skin of the salmon and coat evenly on all sides with the cajun spice. Shake off excess coating.

2 Heat oil in the pan and carefully pan sear the salmon. Place salmon in a hot oven and bake for 4-5 minutes.

PREPARE:

1 Add oil to a small saucepan and sauté the tomato, garlic and rosemary leaves until it becomes tender. Add chili flakes and parsley to the mixture. If the mixture gets dry add a little oil.

2 Season with salt and pepper and splash with a little lemon and more olive oil in the end.

3 Take the pan out of the oven. Use a very dry cloth to avoid burning your hand and splash with some lemon juice.

4 Place a portion of the sweet potato in the middle of the plate, place salmon on top and garnish with shaved fennel.

5 Spoon some sauce on the side of the salmon and drizzle with olive oil.



The mango coulis adds a hint of sweetness to the savoury stuffed calamari, creating a mixture of textures and flavours

Grilled stuffed calamari with mango coulis and chilli coriander dressing

SERVES 1

1 whole calamari
1 tbsp lemon juice
1 tbsp diced tomato
1 tbsp diced cucumber
1 tbsp diced onion
salt and pepper, to season
½ tsp ginger
Few leaves of coriander

1 In a small bowl, mix the diced vegetables and season with salt and pepper. Add a little of the dressing to marinade. Stuff the calamari and seal the opening with a toothpick.
2 Squeeze a little lemon juice on the calamari and grill.

DRESSING

1 red chili
Few sprigs of coriander
5 tbsp lemon Juice

2 tsp sugar
1 tsp fish sauce
Salt and pepper, to season

1 Prepare the dressing by putting all ingredients in a food processor. Blitz until smooth and refrigerate.

MANGO SAUCE

1 cup ripe mango
½ cup sugar
½ cup water
1 tbsp lemon juice

1 In another blender, mix the mango with the rest of the ingredients and puree.

2 Transfer to a small sauce pot and reduce for 4-5 minutes and set aside

Prepare:

1 To plate, spoon some mango sauce on the center of the plate. Arrange some of the diced vegetables on the side and place the grilled calamari on top of the mango sauce
2 Garnish with fresh coriander.

Gramercy surf 'n turf

200g beef tenderloin
3 pcs. jumbo prawns
Few mesclun leaves
3 new potatoes
pink peppercorn, to season
salt, to season
2-3 tbsp olive oil

1 chili
few sprigs of coriander
2 tbsp lime juice
1 clove garlic
1 tsp sugar
few leaves of thyme

1 Season the beef with salt and pink pepper and grill to desired tenderness.

2 Marinade the prawns with some chopped chilli, coriander, olive oil, lime juice, garlic, thyme and sugar. Grill the prawns and reserve the marinade.

3 Slice potatoes and sauté before seasoning with salt and pepper.

PEPPER SAUCE:

½ cup veal stock
handful leaves of rosemary
handful leaves of thyme
cracked black pepper, to season

cracked pink pepper, to season
2 tbsp butter
Salt, to taste

1 Reduce the stock with herbs and peppers by half.

2 Whisk in butter until sauce consistency and season with salt.

TO PLATE

1 Place the sautéed potatoes in the middle of the plate. Slice the beef into 4 and arrange on top of the potatoes.

2 Arrange the prawns on the side of the beef. Garnish with mesclun salad and drizzle with pepper sauce.





Croque Madame

SERVES 1

2 slices of white bread
60g turkey ham
3 slices of cheddar cheese
60ml bechamel sauce
1 fried egg
60g mesclun

- 1** Trim the edges of the bread and toast both sides briefly and spread béchamel on two sides.
- 2** Top one slice with the folded ham slices and then top off with cheese and melt on the salamander.
- 3** Top the next bread and spread more béchamel on it, add the rest of the cheese and melt.
- 4** Fry one egg and place on top of the sandwich.
- 5** Serve with a side of fresh salad and French fries.



Cobb salad

2 tbsp diced chicken
2 tbsp diced tomato
2 tbsp diced cucumber
2 tbsp diced egg
2 tbsp diced avocado
2 tbsp bacon bits
2 tbsp parmesan cheese
150g romaine lettuce
60ml blue cheese dressing

- 1** Place the lettuce in a mixing bowl and drizzle some of the dressing and cheese. Toss to coat evenly and mound in the salad bowl.
- 2** Neatly arrange all the ingredients on top of the salad. Drizzle with the rest of the dressing sprinkle with parmesan cheese.

Historic Italian style at Cipriani

Situated in the Yas Marina Yacht Club, Cipriani restaurant and terrace has a menu filled with delectable Italian classics. *BBC Good Food ME* presents a few dishes from the menu



Burrata alla Mediterranea

SERVES 4

4 x 200g Italian fresh imported Burrata

4 large fresh tomatoes on vine

160g pitted black olives (preferably taggiasche kind)

15g fresh oregano

**4 tsp extra virgin olive oil
salt & pepper, to taste**

1 Unpack the burratas one hour before serving, as it needs to be at room temperature.

2 Cut the tomatoes in 4 quarters, so to deseed them, then thin julienne them. Cut the olives in half and chop up the oregano leaves.

3 Toss the tomato with the olives, olive oil, oregano, salt and pepper to your taste, and place on top of the burrata just before serving.

ABOUT CIPRIANI

In 1931, Giuseppe Cipriani opened Harry's Bar on the first floor of an abandoned rope warehouse in Venice. In the 81 years since, Cipriani now has restaurants, event spaces, luxury residential and hotels in Abu Dhabi, New York, Los Angeles, London, Venice, Hong Kong, Istanbul, and Porto Cervo Sardinia. Giuseppe Cipriani is credited for creating the world's first Bellini (that deliciously fresh and fruity mix of peach puree and prosecco) and the good old favourite – beef carpaccio.



**Baby artichoke salad
with avocado and
shaved parmigiano**

SERVES 4

8 baby artichokes
2 ripe avocados
160g parmigiano reggiano,
thinly shaved
2 lemons, juiced
4 tbsp extra virgin olive oil
1 tsp chopped parsley
salt and pepper, to taste

1 Peel the artichokes until the leaves are soft and tender; cut off the tips and cut/peel the stem; immerge them in acidic water using $\frac{1}{2}$ of the juice of a lemon (this is to prevent the actual artichoke to oxidize).
2 Slice the artichokes very thin, length wise; peel and cut in chunks the avocados and mix them together tossing them with the lemon juice and the Olive oil; add salt and pepper to your taste. Serve the salad accommodating on top the parmigiano; sprinkle with parsley.

**Baccalà Mantecato
with grilled polenta**

SERVES 4

BOWL MIXER NEEDED

200g desalted baccalà (salted cod)
150ml blend of extra virgin olive
oil and corn Oil (half-half)
5 anchovy fillets, sliced
1 garlic clove
2l fresh milk
50g parsley, chopped
400g polenta loaf (if you rather
make the polenta loaf yourself,
you can easily find the polenta
flour in an Italian market/deli;
just follow the instruction note
on the package)
salt & pepper, to taste

1 Cut the baccalà into small cubes; immerge it in $1\frac{1}{2}$ l milk, add the garlic and bring it to boiling temperature. Let it simmer for about 30mins. In a

separate pot, bring the rest of the milk to boil.

2 Strain and drain the baccalà, disregarding the cooking milk; lay it in the bowl mixer and start mixing, utilising the flat spatula (not the whisk), on a medium speed. Start pouring the oil flush, little by little (like if you were making mayonnaise).

3 Add the anchovies and a few drops of hot milk. Keep on mixing and pouring the oil slowly. Adjust with salt and pepper to your taste. Once the oil is all incorporated, add a few more drops of hot milk, so to obtain the correct density (to use a term of comparison, I'd say dense like mashed potato). Serve it warm, simply spooned near the grilled polenta and sprinkle with the parsley.



CHEF'S BITES CIPRIANI



CIPRIANI JOINS THE BRUNCH SCENE

Cipriani has recently launched its Terrace Lounge Brunch, which takes place from midday to sunset every Friday and Saturday and is a place to while the afternoon away listening while sipping long Bellinis on the terrace and tucking into the set menu.

The set menu, priced at AED 150 per person, includes a welcome cocktail, as well as a choice of three courses. You can enjoy items such as herb-fried oysters, steak tartar, Bismarck steak 'al gorgonzola' with shoe string fries, as well as more breakfasty type items like eggs Benedict, light and fluffy French toast with berries and mascarpone cream. There is also a delicious selection of Italian cakes for dessert. Order the jugs of yummy bellini and sangria to share to make this brunch go down a treat! For those with families, children are welcome and can dine for AED 75, and there is a special kid's menu, too.

Baked Tagliolini with Bresaola

SERVES 4

250g Cipriani white or green Tagliolini
120g thinly sliced Bresaola
80g unsalted butter
80g grated Parmigiano Reggiano
250g Béchamel sauce (250 ml fresh milk, 25g butter, 20g flour, pinch of salt)
salt for the cooking water

- 1** Bring a medium sized pot of water (about 5lt) to boil.
- 2** In a large pan, slowly melt the butter, add the bresaola and let simmer for 2 to 3 minutes.
- 3** Boil/cook the tagliolini pasta for 30 to 45 seconds; then drain it, holding a few tbsp of the water.
- 4** Pour out the pasta on the pan with the bresaola; on a medium fire, stir it so to mix the ingredients well, add some of the cooking water to keep the moist balanced.
- 5** Lay the pasta either in 4 main dishes, or in to a large baking platter (make sure that either or are oven proofed); using a tbsp, pour béchamel and spread it on top, so to obtain a thin coating layer; sprinkle with the Parmigiano and bake it with a salamander, on high temperature, till well gratin (if a salamander is not available, use an oven on broiler mode).



Chilean bass 'alla Carlina' with rice pilaf

SERVES 4

4 x 200g portions of fish (the portion can be also made out of 2 smaller pieces, 100g each)
100g unsalted butter, cubed
50g desalted capers, finely chopped
30g cornichons (gherkins), finely chopped
80ml extra virgin olive oil
80g basic tomato sauce
50g parsley, chopped
320g precooked rice pilaf
50g flour
½ lemon, juiced
1 tsp Worcestershire sauce
salt & pepper, to taste

- 1** Preheat the oven at 240 degrees Celsius.
- 2** Lightly flour the fish and quickly pan sear it with a drizzle of olive oil (make sure the sauté pan is very hot). Lay the portions to rest in a wide baking Pyrex plate, so to have it all the spread wide, and not stacked up (a baking ceramic platter can also work).
- 3** Sprinkle the fish with capers, cornichons and the tomato sauce; then pour the lemon juice and W. sauce, making sure to cover all the pieces of fish, then top them with the butter dices. Oven-bake it for about 15 to 20 mins. Heat up the rice in the oven as well, so to serve it as a side dish, and then sprinkle it with the parsley.

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Gluten-free Valentine goodies

Areej Jomaa, owner of Sweet Connection gluten-free bakery based in Dubai, shows us some of her favourite gluten-free chocolate recipes to cook up this Valentine's Day





Divine chocolate hearts

MAKES 2 DOZEN

2 bars of 100g Lindt 75% dark chocolate
pistachios, chopped
(almonds or hazelnuts can be substituted instead)
raspberries, to garnish

- 1** Break chocolate into pieces, place in a bowl and microwave for 1 minute. Stir thoroughly after removal, if chocolate is not melted put bowl back in microwave for another 30 seconds.
- 2** Pour chocolate into heart shaped silicone moulds and add a sprinkle of chopped pistachios to each chocolate heart.
- 3** Allow the chocolate to sit for a while before refrigerating for it to harden.
- 4** Remove chocolate from moulds carefully and serve on a plate
- 5** Garnish with raspberries, flaked and roasted almonds or pistachios with some mint leaves for a refreshing look.

“These delicious confections melt in the mouth and are perfect for coffee breaks”

Baked Valentine cakes

SERVES 12

200g butter
1 1/2 cup sugar
3 eggs
1 tsp vanilla essence (good quality)
1 3/4 cup rice flour
1/4 cup tapioca starch
1/2 cup cocoa
3 tsp baking powder
1/2 tsp baking soda
1 cup milk

1 Preheat oven to 180 degrees Celsius.

2 Combine butter, essence and sugar and mix well. Add eggs one at a time and beat on low speed.

3 Add flour, cocoa and baking powder alternating with the milk and beat ingredients until combined.

4 Pour into heart moulds and bake for 40 minutes. Set aside for 5 minutes before turning onto a wire rack to let it cool.

5 Spread your favorite icing and garnish with raspberries, fresh mint or any fruit and herb.





Orange, almond and coconut hearts

MAKES 12 PIECES

95g butter
1/2 tbsp finely grated orange zest
135g caster sugar
3 eggs
180g almond meal
35g desiccated coconut
55g rice flour
1tsp baking powder

- 1** Preheat oven to 175 degrees centigrade.
- 2** In a medium bowl, beat butter, orange zest and sugar until light and fluffy. Add eggs, one at a time, beating until combined. Stir in almond meal, coconut, rice flour and baking powder. Pour mixture into heart shaped silicone moulds.
- 3** Bake in the oven for 45 minutes.
- 4** Allow heart cakes to cool before taking out of mould and decorate with your favourite icing.
- 5** Garnish with fresh cranberries, strawberries or any red fruit.



AREEJ JOMAA'S GLUTEN-FREE TIPS TO BAKING WITH CHOCOLATE

- Chocolate is gluten free and does not contain any grain ingredients. Be careful what you mix the chocolate with though.
- When choosing chocolate make sure there are no traces of sugar or fats in it.
- The best options for gluten-free chocolate are Lindt dark chocolate (75% and 80%), Guittard, and Hershey's semi-sweet chocolate chips.

You can purchase gluten-free baked goods from A Sweet Connection at the Ripe Market, Dubai Garden Centre

“The combination of almond and coconut with fresh orange zest gives these beautiful hearts an extraordinary delectable taste and texture”

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Food
Club
Event

Going Greek

The young and talented Chef Ilias Kokoroskos from Elia, The Majestic Hotel Dubai taught Food Club members at the Häcker Kitchen showroom in Dubai how to master three divine Greek dishes

“Gorgeous Greek dishes, perfect for a relaxed dinner party with friends”



Photography CRIS MELORADA



Chef Ilias sprinkling cinnamon over hot batter fried dumplings



Food Club members asked questions as they learnt to master the dishes



Mouthwatering pies oozing with sour cheese



STARTER



Sour cheese pies with honey and cinnamon

MAKES 10PCS

10 tbsp T-55 flour
10 tbsp sour cheese
5 tbsp olive oil
10g salt
water
1 tsp honey
a pinch of cinnamon

- 1 In a medium bowl, mix flour, olive oil, salt and water to create dough.
- 2 Slowly add water to form dough and mix thoroughly until a thick consistency has been formed. Keep aside for 20 minutes.
- 3 Using a roller pin, unfold dough into 2cm thick. Cut into round shapes and fill with cheese.
- 4 Drizzle pan with olive oil before frying each pie in the pan.
- 5 Place each pie on a plate and serve with a drizzle of honey and a pinch of cinnamon over each.



Food club members enjoying warm and sugary dumplings



The succulent kingfish, infused with a burst of flavours

Kingfish with artichokes, sorrel leaves and fine herbs served with olive lemon sauce

SERVES 4

600g kingfish fillet
1kg artichokes, cleaned and sliced
200g sorrel leaves
300g green amaranthus
300g red amaranthus
100g lemon, juiced and zest
300g olive oil
1 tsp coriander seed dry
1 tsp fennel seed dry
15g butter
10pcs spring onion
15g dill leaves

- 1 Sauté artichokes, fennel seeds and coriander in a frying pan heated with olive oil. Add water and let it cook for a few minutes. Add butter to the mixture and remove from fire before setting aside.
- 2 Cook spring onions and both amaranthus in a frying pan with olive oil. Remove from fire once cooked through and add dill leaves, lemon zest and salt and pepper to taste.
- 3 Add salt and pepper to the kingfish and fry in a pan heated with olive oil.
- 4 Serve fish on a bed of artichokes and fine herbs, pour sunflower oil on top and sprinkle sorrel leaves to garnish.

Glazed dumplings with a sprinkling of chopped walnuts

DESSERT



Sweet dumplings with honey and walnuts

SERVES 6 PORTIONS

550g T-55 flour
12g salt
60g sugar
45g yeast
60g sunflower oil
500g water
3 tbsp honey
1 tbsp cinnamon
4 tbsp walnuts, crushed

- 1 In a medium bowl add all ingredients except water.
- 2 Whisk mixture while slowly adding water. Once water has been added, mix on high speed for 10 minutes.
- 3 Place dough in a bowl and cover with cling film until it rises. Refrigerate dough to allow it to harden.
- 4 Preheat oil in a pan and remove dough mixture from the refrigerator.
- 5 Once oil is heated, spoon small balls of the dough and fry.
- 6 Serve with a tablespoon of honey, cinnamon and crushed walnuts sprinkled on each dumpling.

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Afternoon tea delight

Afternoon tea, the quintessentially English tradition, is now enjoyed all over the world as the perfect way to relax, unwind and indulge. If you are looking for a special afternoon tea experience in Dubai, the Burj Al Arab's high tea in the Skyview Bar is an unforgettable experience of taste sensations, stunning service and breathtaking views

"You just have to take them to afternoon tea at the Burj Al Arab," will inevitably be said by someone when there is mention of friends or family coming to visit Dubai for the first time. I had not yet tried this now near-legendary afternoon tea, so when foodie friends living in London said they were coming to stay, I decided that this was the time to see what all the fuss was about.

An architectural beauty of curves and clean lines, if you haven't been inside the Burj Al Arab yet, the interiors are a stark contrast to the exteriors. With bold, audacious merging of colours, patterns and textures, it is as luxurious, as it is over-the-top and it is a must-see for tourists and residents alike. While the Burj Khalifa in all its tall, shining glory might've taken the limelight away from the original Dubai architectural icon, the Burj Al Arab speaks of a hospitality, elegance and service of a time gone by.

To make the most of the views during the day, we opted for afternoon tea at 2pm in the Skyview Bar. Suspended 200 metres above sea level, I knew that spectacular views and impressed guests would definitely be on the menu.

The Skyview bar is located adjacent to Al Muntaha restaurant, and the journey to the 27th floor location is an experience in itself. Be sure to get to the Burj Al Arab early, as you and your guests will want to take photographs and linger while taking in the elaborate décor and fountains inside. A glass lift takes you to the 27th floor and from there you can see the The Palm Jumeirah with the Atlantis Hotel in the distance.

As we enter the Skyview Bar, the room is flooded with light from the panoramic floor-to-ceiling windows and we are immediately welcomed and taken to our seats. We are sitting in comfy lounge-style couches, with a clear view towards Jumeirah and beyond. Our friendly waiter, very smartly dressed, takes us through the indulgent selection of savoury and sweet treats we are going to enjoy that afternoon.

The waiter then offers us a glass of Roederer Champagne and stretches one arm out while he expertly pours it into a glass flute. We then enjoy the first dish; a selection of raspberries, blueberries and strawberries, all bursting with colour and flavour. The piqued bubbly flavour of the Champagne is complemented perfectly by tartly-sweet berries. After the first course, we enjoyed the chef's special of the day, which was salmon

wellington; beautifully firm-but-soft with light crisp pastry.

The selection of teas is incredible, with choices like the rich and aromatic Superior Oolong and the fragrant Jasmin Pearls.

Perfectly orchestrated, just as the tea was set down on the table, out came the tiered cake stands. Not your ordinary cake stands, these are shaped like the Burj Al Arab, and are laden with sweet and savoury delicacies.

The top layer consists of a selection of sandwiches; egg, smoked salmon, cream cheese with sun dried tomatoes, cucumber and cream cheese on different types of bread. The next tier is made up of seafood vol-au-vents with prawns, choux pastry chicken with seeded mustard, and a tender beef sandwich with mustard. Creme brûlée with an assortment of shortbread biscuits and a carrot cake were laden on tier number three.

The morsels of food were delicious, with favourites like the smoked salmon sandwiches being finished quickly, only to be replenished by the attentive waiters.

After indulging in all these goodies, we found ourselves sinking lower into the couches and really enjoying the ambience. The room was filled with couples, families and friends all out for celebrations or special occasions and it was lovely to see that so many people had dressed up for the afternoon. The dress code is smart-casual, but many had made even more of an effort, which made the high tea that much more special.

From there, out came a selection of gorgeously fluffy scones – both plain and with raisins. Served with clotted cream, rose petal jam and tangy passion fruit coulis, it was difficult to stop eating these warm, fresh bakes!

To finish, we were offered petit fours and delectable chocolates created in the Burj Al Arab kitchens.

It was a wonderful afternoon of talking, laughing and most of all enjoying all the delicious taste sensations. Time absolutely flew by, and before we knew it we had been there for four hours! A fantastic way to catch up with friends visiting Dubai or to celebrate a special occasion, don't leave Dubai without a visit.


Ultimate Afternoon Tea is priced at AED 395 per person inclusive of Champagne. Reservations are essential.



A cup full of love

This Valentine's Day, surprise your loved one with homemade biscuits and a hot mug of Continental Coffee

Cherry shortbread hearts

MAKES 14-16 depending on cutter ● PREP 15 mins
● COOK 15 mins **Easy**  biscuits before adding jam.
Why not box up these biscuits as a gift?

100g/4oz icing sugar, plus extra for dusting
200g/7oz plain flour, plus extra for dusting
50g/2oz cornflour
50g/2oz ground almonds
250g pack cold butter, cut into cubes
50g/2oz glacé cherries, finely chopped
½ tsp almond extract
8 tbsp cherry jam, sieved

1 Heat oven to 180C/160C fan/gas 4. Sift the icing sugar, flour and cornflour together into a bowl. Stir in the ground almonds and butter, then rub in the butter until smooth. Stir in the chopped glacé cherries and almond extract, and bring together to form a dough.
2 Roll out on a lightly floured surface, then stamp out biscuits using a heart-shaped cutter. Keep re-rolling the trimmings until all the dough is used. Carefully transfer the biscuits to baking trays lined with parchment and bake for just 8-10 mins until just pale golden.
3 Using an upturned bottle top or similar, press gently into the centre of each biscuit to make a round indent. Spoon in a little jam and return to the oven for 2 mins. Remove and cool on a wire rack, before dusting with icing sugar to serve.

PER SERVING (16) 242 kcals, protein 2g, carbs 27g, fat 15g, sat fat 8g, fibre 1g, sugar 14g, salt 0.21g

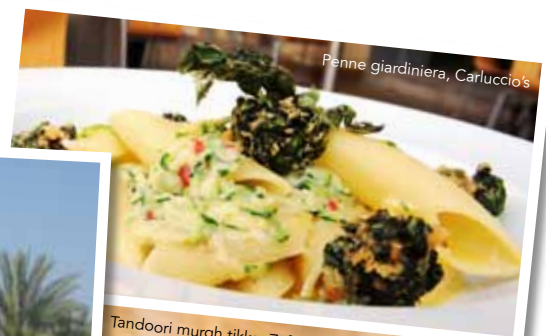


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A TASTE of the happenings

BBC Good Food ME gives you a sneak peek into the dishes you can experience at Taste of Dubai 2012 and highlights the masterclasses, events and the celebrity chefs you will be rubbing shoulders with at this year's festival

Taste of Dubai, the emirate's favourite food festival is back for its 5th consecutive year at Dubai Media City Amphitheatre from 15 to 17 2012. A playground for Dubai's finest restaurants and chefs, this year's festival will once again be a sizzling pot of celebrity chefs, diverse samplings of food, chef master classes, live entertainment, shopping at the food market and of course a relaxed weekend of fun under the sun. It is all about getting interactive and meeting the talent behind our favourite restaurants, and this year's line up is not to be missed.

Following the success of last year's event, the list of restaurants is growing, with various restaurants making their debut at Taste of Dubai 2012. Visitors to



the event can indulge in dishes like the classic black cod in miso from Nobu, a selection of grilled Atlantic prime cuts from Seafire, wasabi prawns with mango salsa from Saffron, pizzas and pasta from Ronda Locatelli, Scandinavian iced berries from The Ivy, ceviche Nikkei from Toro Toro, tandoori murgh tikka from Zafran, bang bang chicken from Da Shi Dai, Goan prawn curry from Mahec, artichokes in olive oil from A la Turca, Korean grilled beef from Sonamu, masaman curry from Buddha Bar and tiramisu from Carluccio's, to name just a few of the dishes. Phew!

Each restaurant participating in Taste of Dubai presents three dishes from their menu, served in sample-size portions, so you can visit many different stalls in a

day to try out the different flavours and styles of cooking and meet the chefs behind the creative menus. Celebrity Mexican chef, Richard Sandoval, who recently launched his Pan-Latin restaurant Toro Toro in Dubai, is looking forward to the festival to share what Toro Toro has to offer with a larger audience.

"I am thrilled to be taking part in Taste of Dubai once again this year, and am looking forward to bringing my latest restaurant, Toro Toro at Grosvenor House Dubai, to the festival. Visitors to the stand will be able to sample a host of Toro Toro signature dishes including turkey ham croquettes and churrasco style beef with Peruvian rice and tomato rocoto salsa – for a unique taste of Latin America in Dubai," says Sandoval, who is also the chef and restaurateur behind Mexican restaurant Maya, Le Royal Meridien, Dubai.

Sandoval will be attending this year's event, alongside other celebrity chefs like Gary Rhodes, Vineet Bhatia and head chef Fernando Trocca, from the Gaucho restaurants worldwide. Trocca will be serving Argentinean delights and taking foodies on a South American culinary adventure.

Chef Aldo Zilli is another exciting celebrity name on the lineup. A master of Italian cuisine and seafood, he will be visiting the festival for the first time this year. You can see him presenting his culinary skills at the Philips Chefs' Theatre and the Miele Cooking School, and he will be signing his latest book *Fresh & Green* at the festival too. Zilli, who owns an Italian seafood restaurant in London called Zilli Fish has written ten books including autobiographies such as *Being Zilli* and *My Italian Country Childhood* which includes some of his signature recipes.

"We are delighted to have Aldo Zilli on board for the 5th edition of Taste of Dubai and are certain that his fresh, innovative take on seafood and contemporary Italian cuisine will be a sure-fire hit with the varied audience who come to the show to enjoy the finest food, drink and entertainment," says Anju Sami, show director.

Tickets to Taste of Dubai 2012 are now available for purchase. From now until 16 February, residents can enjoy a fabulous early bird offer of two standard tickets for just AED 99. This ticket allows you entry into the festival and access to all features.

The Taste of Dubai VIP experience is also available on special at AED 200 in advance. This ticket allows you fast track entry into the festival, access to the British Airways VIP lounge, two free drinks at the VIP bar, three free dishes and entry into a draw to win prizes from Philips.

Your favourites are back at this year's Taste! Here are three of our highlights to tempt your taste buds...



Chocolate brownie topped with Devonshire clotted cream



Classic English fish and chips with mushy peas

Rivington Grill, Souk Al Bahar

Serving up a contemporary British menu, this outlet will be returning to serve fervent customers their specialties. The fish and chips and mushy peas had people queuing up at last year's Taste of Dubai, and we are excited to see that it is on the menu again. You can also enjoy Morecambe bay cockles in malt vinegar and a decadent chocolate brownie topped with Devonshire clotted cream. Be sure to get some top tips to English cooking from head chef Scott Stokes.

CHEF'S BITES TASTE OF DUBAI

Rhodes Mezzanine, Grosvenor House

Celebrity chef, Gary Rhodes' classic British restaurant with French flair, will be participating once again at the event. A firm favourite on the festival line up, he is not presenting his delectable white tomato soup at this year's event, but we can look forward to braised wagyu beef with caramelised onion gravy, chicken satay sticks with spicy peanut sauce and vanilla panna cotta with pineapple and passion fruit coulis.



Braised wagyu beef with caramelised onion gravy



Butter chicken with shitake mushrooms

Indego by Vineet, Grosvenor House

Chef-patron Vineet Bhatia, the first Indian chef to receive a Michelin star for his restaurant Rasoi in London, will be participating at this year's event once again and will hold demonstrations and cookery classes. This year you can enjoy lentil soup, morsels of chicken tikka with shitake mushrooms, peas and potato samosa on a bed of chickpea masala, sweet yoghurt and tamarind chutney and fresh rose petals and berry-infused chocolate. Be sure to visit the Indego by Vineet stand to taste the delectable modern Indian creations from an inspiring chef.

CHEF'S BITES TASTE OF DUBAI

The food scene in Dubai is buzzing, and we're so excited to see some new names on the Taste line up...



Sonamu, Asiana Hotel Deira

Chef James Kang will be serving authentic Korean cuisine, giving visitors a tantalising taste of the country and its signature specials. Be sure to visit the Sonamu stand to taste grilled beef short rib marinated in soy sauce, glass noodles with sautéed beef and vegetables, sesame-flavoured rice rolls and kimchi cabbage.



The Gramercy, DIFC

This new addition to the festival will ensure you have a one of a kind New York-inspired experience. Offering a variety of jazzy gastro-pub-style dishes, visit the Gramercy stand to taste their classic American hotdog, wagyu sliders with saffron aioli and their famous fish and chips with tartar sauce.



Nobu, Atlantis, The Palm Jumeirah

Head chef Herve Courtot will be whipping up a delectable selection of Nobu favourites including Sashimi tacos, eggplant with Nobu-style saikyo miso and sashimi salad with Matsuhisa dressing.



Giant cupcake cake pan, AED 229 from Lakeland



Get your hands on a retro Kitchenaid mixer

Great kitchen gadgets to buy at Taste of Dubai 2012!

Multi-purpose grater and measuring jug, AED 119 from Lakeland



WIN TICKETS TO TASTE OF DUBAI 2012! Visit our competitions page on bbcgoodfoodme.com and stand a chance to win one of five pairs of tickets.



Gary Rhodes



Richard Sandoval



Aldo Zilli



Simon Conboy



Phil Neil



Vincent Leong



Vineet Bhatia

Mingle with celebrity chefs and the culinary stars behind Dubai's favourite restaurants...

THE CELEBS

Vineet Bhatia, celebrity chef and restaurateur famed for his evolved Indian cuisine; his restaurant Indego by Vineet is a favourite in Dubai

Gary Rhodes, celebrity chef, restaurateur and TV personality behind the restaurants Rhodes Mezzanine and Rhodes Twenty10 in Dubai

Richard Sandoval, celebrity chef and restaurateur behind Pan-Latin Toro Toro and Mexican restaurant Maya in Dubai

Aldo Zilli, cookbook author and celebrity Italian chef and restaurateur

Top Dubai-based chefs...

James Kang, Sonamu

Amrish Sood, Zafran

Simon Conboy, The Ivy

Scott Stokes, The Rivington Grill

Bharat S Bath, Mahec

Phil Neil, Gaucho

Jeff Low, Chi'zen

Samuele Crestale, Carluccio's

Kasim Senturk, A La Turca

Paul de Visser, Ruth's Chris Steakhouse

Paul Kennedy, Mango Tree

Andrew Paderas, The Gramercy

Vincent Leong, Saffron

Let's go gourmet in Abu Dhabi



Hosted by the Abu Dhabi Tourism Authority, Gourmet Abu Dhabi is back for its fourth edition from 8 to 23 February 2012. Visitors can embark on a culinary journey that merges cultures and cuisines to appeal and satisfy our taste buds.

"Everything will be prepared to stimulate the senses, particularly the sense of smell, and demonstrate the humour in cooking. People should expect cuisine of a different time," says two Michelin-star chef Denis Martin, Swiss television commentator and molecular gastronomy master, one of the international chefs who will be hosting a cheese dinner at Beach Rotana, Abu Dhabi.

Using the capital as a hub, various venues will play host to international master chefs and celebrity chefs who will be hosting master classes, brunches, workshops, gala dinners and more. Experience a festival of culinary flavours and indulge in some of the finest vintage and epicurean delights while mingling and gaining expert advice from industry professionals and personalities.

SOMETHING A BIT DIFFERENT!

NANTA A musical centred on the plot of three cooks attempting to prepare a wedding banquet with a strict deadline and the manager's incompetent nephew who has been assigned to manage the kitchen staff. The play accompanied by acrobatics, magic tricks, comedy and interaction with audience will be performed at the gala opening on 8 February 2012 held at The Westin Abu Dhabi Golf Resort & Spa.

For more information and schedule, visit gourmetabudhabi.ae

A few highlights from Gourmet Abu Dhabi:

Professional mixologists from Alfred Rhubarb Co. Ltd, Ben-David Soreum, Thomas Anostam and Dannie Soreum, will present classes on the art of creating cocktails with cutting edge ideas. Events will take place on 21 and 22 February.

Suzanne Hussein, food presenter on the Arabic Food Network and author of various books will be demonstrating traditional Arabic dishes with a contemporary twist at a master class held at Armed Forces Officers Club & Hotel on February 12th.

George Calombaris, known for his roles as a judge on MasterChef Australia TV and appearances on TV show 'Ready Steady Cook' will be in hosting a gala dinner on 10 February and master classes on 11 and 12 February. Voted by Global Food and Wine in 2004 as one of the world's Top 40 chefs of influence, and a favourite TV personality; these master classes are not to be missed!

A variety of venues...

Gourmet Abu Dhabi will take place at various hotels and restaurants within the emirate. We highlight a few of the happenings at the venues below...

Finz, Beach Rotana Abu Dhabi

Abu Dhabi's only restaurant built entirely from wood serves a wide range of fresh

seafood and crustacean dishes. From 9 to 12 February, you can attend free cookery demonstrations at Finz by international Masterchef Jean-François Piège.

Mezzaluna, Emirates Palace Abu Dhabi

A venue known for its Mediterranean delights and finest vintages served in a romantic Italian setting ambience, from 14 to 17 February you can visit two-Michelin starred International Masterchef Ernesto Iaccarino who will be creating trademark Mediterranean dishes. The masterclasses will take place from 9.30 to 11.00am daily. On February 15 you can enjoy a Château Dinner hosted by Masterchef Ernesto, who will be serving an exciting menu, paired with vintages from Chateau Smith Havt-Lafitte. Price per head is AED 850.

Bord Eau, Shangri-La hotel, Qaryat Al Beri, Abu Dhabi

Modern French delicacies served in a glamorous fine dining restaurant. Treat yourself to premium quality and fresh European produce from regions within France. From 14 to 17 February international Masterchef Bruno Ménard will present spectacular cooking demonstrations. Timings and ticket prices to be announced. And for foie gras lovers, on February 17 you will be able to feast on the rich and buttery delicacy integrated into delectable main courses created by none other than Masterchef Bruno. Price per head is AED 1,200.

Vienna - the last waltz?

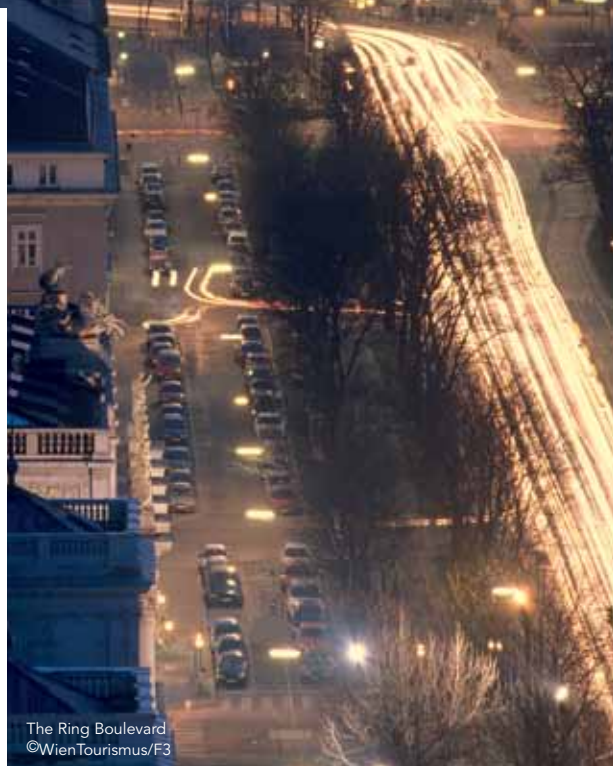
Dave Reeder explores the food, culture and contradictions of the modern European capital, Vienna

“The key to understanding Vienna, in my view, is that it’s a city of contradictions in a constant state of flux. Its inhabitants take great pride in the fact that it’s the only major city with a cuisine named after it, but most of its iconic dishes are imports - Wiener schnitzel from Milan, goulash from Hungary and so on”

A scant century ago, Vienna was the fifth largest city in the world, thanks in large part to its historic role as the capital of the Austro-Hungarian Empire. Now, outnumbered two to one by visitors, its residents enjoy an enviable lifestyle – warm and congenial, or ‘gemütlich’ as they say. Vienna may no longer be the intellectual powerhouse that it was - with major breakthroughs in music, science, psychology, philosophy and art being driven in its comfortable coffee houses - but it has evolved seamlessly into a modern European capital, equally at home being trendy and stylish or comfortable and imperial. The key to understanding Vienna, in my view, is that it’s a city of contradictions in a constant state of flux. Its inhabitants take great pride in the fact that it’s the only major city with a cuisine named after it, but most of its iconic dishes are imports -

Wiener schnitzel from Milan, goulash from Hungary and so on. Its diners enjoy the highest levels of organic food production in Europe but in general are remarkably unconcerned about the provenance of their food. Many dishes are seen as untouchable and unchangeable icons of its imperial past, but the Viennese happily adopt Big Macs. Its rich tradition of coffee houses is nurtured as a symbol of the city, but American coffee chains are opening up right across the city.

In a sense, it’s this tension that makes Vienna such an interesting city - like the amicable side by side reverence of Mozart and dance maestros Kruder and Dorfmeister - and it remains a wonder how easy it is to shake off the more than 3.5 million tourists a year and find a quiet cafe that holds strong to the traditions of old Vienna.



The Ring Boulevard
©WienTourismus/F3

Of course, like any great imperial city, Vienna has acted like a sponge for culinary invaders over the centuries. Its position at the crossroads between West and East means it retains strong traditions from Turkey and further south, remnants of centuries' long trade between its former Empire, the Ottomans and further territories. It is still the romantic centre of a long-lost empire, with an enviable collection of museums, theatres, opera houses and palaces. However, for most people culture in Vienna can be expressed in one word: music. No other city has been home to so many great composers: some, such as Schubert, Strauss, Schoenberg and Berg were born there, others, such as Mozart, Beethoven, Haydn, Brahms and Mahler chose to live there.

All of this was possible, of course, because of the draw of the city at the hub of an empire. To get a taste of imperial style, a visit to Vienna's most popular sightseeing attraction, Schönbrunn Palace, is a must. Whether you wander the seemingly-endless corridors and rooms filled with baroque furniture or fine art or, instead, stroll through the classically laid out gardens that stretch to the skyline, the Palace is an essential part of a Vienna trip.

As is – for the foodie traveller – a leisurely stop in a coffeehouse. For the Viennese, that doesn't mean a chance for quick espresso; instead it represents an abstract idea, a state of mind – a way of life. One does not simply wander into just any coffee house – a coffee house should be an end in itself. You don't merely order 'a cup of coffee' – you wouldn't expect to be taken seriously if you ordered 'pasta' in Rome, 'beer' in Munich or 'wine' in Paris. So, in Vienna, you should explicitly specify which of the twenty-odd different types of coffee you would like to be served.

Your coffee will arrive on a small silver platter accompanied by a small glass of water with a spoon balanced precariously over it. The glass of water symbolises the establishment's desire to let you know that you are welcome to stay indefinitely. You sip your coffee, you nurse it along, you cherish it – and, even long after you have finished it you may sit and do whatever you are doing for as long as you wish. Time for one more slice of cake and another coffee? Exactly. Definitely time to learn how life in Vienna is, above all else, 'gemütlich'. And reflection over your choice of coffee will remind you how much Vienna has contributed in turn to other food cultures. French bread, for example, is a direct descendant of Viennese bread – the French imported Viennese ovens

and produced pain viennois, a forerunner of baguettes. Austrian-born French Empress Marie Antoinette introduced the Austrian Kipferl (crescent) to the Court of Versailles. You may know it better as the croissant! Apple strudel derives from Turkey. Typical cakes and pastries from Bohemia. And, further afield, New York's very own bagels originated in Vienna – the word comes from the German word beugel, which itself comes from beugen, to bend. Time to start exploring? Well, possibly. Vienna has been here for a long time and it can wait just a little longer perhaps...

EAT HERE

Vienna is schizophrenic – eat old school or cutting edge, traditional or foreign. However, one thing is pretty constant – great ingredients, a warm welcome and large portions designed to keep the cold out! Check with the Vienna Tourist Board for the latest hot openings, or stick to our recommendations.

***WURSTELSTANDES.** Not a restaurant but the generic name for the ubiquitous sausage stands that deliver Vienna's real fast food – the classic wiener, the coarser burenwurst, the spicy kaserkainer or the spam-like leberkase.

***STEIRERECK.** Delighting diners for decades, this stylish second generation fine dining restaurant with a Michelin star continues to lead the local food scene from its position near Stadtpark. Modern, innovative Viennese cuisine doesn't get any better than this.

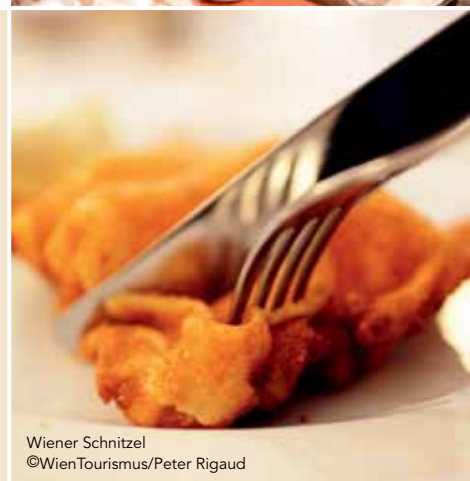
***KULINARIUM 7.** Just taken over by a young, enthusiastic team, this three-level (ground floor and two deep cellars) space south of the MuseumsQuartier is wowing locals with imaginative, keenly priced tasting menus backed by a massive collection of (largely) Austrian wines. Worth seeking out as a harbinger of the Vienna dining scene of the future.

***THE LOFT.** Stunning space above the Sofitel Vienna Stephansdom with a fresh, innovative menu driven by consultant chef, Michelin 3-star Antoine Westermann. The food mixes Austrian and French flavours with style and panache. It would be worth a visit just for the stunning location, but the food makes this a 'must visit' space.

***GASTHAUS POSCHL.** Still known to



The Naschmarkt
©WienTourismus/Peter Rigaud



Wiener Schnitzel
©WienTourismus/Peter Rigaud

locals as Immervoll ("always full"), this typical neighbourhood restaurant delivers good quality, friendly service, a happy crowd and, if you hit on the right night, the bonhomie of the actor owner who delights in welcoming strangers into the party. A short stroll from the Cathedral and worth finding.

***TRATTORIA MARTINELLI.** Italian food in Vienna? Well, why not – remember the history of the Empire... Great food in a wonderful setting – the baroque Palais Harrach with relaxing courtyard gardens.

***CHRISTWEINGUT & HEURIGER.** Wine may not be what you associate with Vienna's heritage perhaps and for too long the home of over-sweet white wine, however the city's winemakers are now leading the country's winemaking revolution. The wines can best be enjoyed in a heuriger – a rustic bistro deep in wine country. One of the most interesting new players is Rainer Christ, whose attention to detail shows in his excellent white and red wines, as well as the stylish vinothèque he has built as part of his heuriger. Locals throng for new style wines and old school food – a winning combination.

TRAVEL VIENNA

SHOP HERE

With both great food shops and intriguing food markets, it would be all too easy to fill up a suitcase with treats from the city - from coffee to chocolate, specialty oils to jams, pickles or spices. Here's our selection of some interesting places where you can shop and snack!

★ **SCHOKOLADE KOENIG.** Very close to St Stephen's Cathedral, this tiny old-fashioned shop feeds the fantasies of chocolate lovers. From handmade chocolates to an ever-flowing chocolate fountain for coating fruit, chocolatier Wolfgang Leschanz delivers fine flavour and a taste of old Vienna. The shop and most of the furniture were once used to sell buttons - now chocolate buttons are everywhere.



The Naschmarkt
©WienTourismus/Peter Rigaud

STAY HERE

Vienna is not short of a wide variety of hotels, from frugal to extravagant. And, with fast routes in from the airport by train or taxi plus an easy to use and efficient integrated public transport system, just about everywhere is convenient. However, we think you should enjoy a little luxury for sleeping off those heavy meals and these three choices are convenient to central attractions and offer great facilities.

★ **HOTEL IMPERIAL.** On the inner ring road quite close to the Opera, the Imperial is almost the grande dame of Viennese hotels with an enviable client

★ **SACHER CAFE.** Vienna without a slice of sachertorte? Unthinkable! After a bitter legal battle with Demel, the Hotel Sacher now produces the official Sacher torte - others produce an imitation. Eat in the hotel's cafe (just north of the Opera) but also visit the busy shop for a wide variety of Sacher goodies!

★ **MEINL AM GRABEN.** An absolute must right in the city centre. This delicatessen and grocery store with its almost overwhelming choice also boasts an elegant café-restaurant on its upper floor. Demel's candied violets, by the way, make for an ideal present, being a memento you won't get anywhere else.

★ **NASCHMARKT.** Vienna has many food markets but this, close to the University, is perhaps the most interesting with a lively mix of speciality food shops (local pumpkins, couscous and dates) and small cafes, either resolutely aimed at the market's traditional working class customers or bravely aiming at a more discerning, fusion fascinated community. The result is a great mix - ordinary Viennese shoppers picking fine quality for tonight's meal queueing with tourists choosing some regional speciality.

★ **BABETTE'S.** Close to the Naschmarkt, this is a small bookshop specialising in cookery books, both in German and English. A great airy spot to rest and exercise the brain instead of the feet, it also boasts a small open plan kitchen and every lunchtime the resident cook prepares a short menu for eight or so diners. Well worth the detour for a friendly welcome, excellent food and a chance of a quiet glass or two of wine.

list of celebrities. Much of the interior retains its traditional features and the cafe and restaurant offer classic Viennese cuisine - the Wiener schnitzel here is considered about the best in town.

★ **INTERCONTINENTAL WIEN.** The first international chain to open in the city (1964) and still a great mix of guests intent on business or pleasure in a great location close to the inner ring and within two minutes of the Strauss memorial in Stadtpark. The Intermezzo Bar has been a favourite watering hole of celebrities over the decades.

★ **SOFITEL VIENNA STEPHANS DOM.** Slightly confusingly, this isn't as close to St



The Secession Building
©WienTourismus/
Claudio Alessandri



Viennese wine: Weingut Christ
©WienTourismus/Lukas Beck

Stephan's Cathedral as the hotel marketing makes out, but still a good spot just outside the ring in the north of the city. Built just a year ago, this should be your choice if you like modern architecture - architect Jean Nouvel is perhaps best known for the Institut du Monde Arab in Paris, as well as the Louvre Museum in Abu Dhabi. Full of flat surfaces in either white, black or grey, giant splashes of colour adorn the backlit ceilings of five floors, most notably in the stunning top floor restaurant with amazing views over the city.



Sunday

**SOUTH
ASIAN NIGHT**

Indian, Sri Lankan,
Bangladesh themed

Tuesday

**CURRY
NIGHT**

Monday

**SOUTH EAST
ASIAN NIGHT**

Chinese, Japanese,
Korean, Vietnamese,
Thai themed

Wednesday

**NEW
ORLEANS**

Thursday

**DEEP
BLUE**

Friday

**ARABIC
NIGHT**

The Californian

Located on the 24th floor, featuring a breathtaking view of Burj downtown, The Californian restaurant offers a wide variety of sumptuous dishes ranging from South Asian, South East Asian, New Orleans, Arabic dishes and Deep Blue Ocean selection.

South Asian, South East Asian, Curry Night, New Orleans, Arabic Night

AED 150 per person inclusive of selected house beverage

AED 125 per person inclusive of soft drinks and juices

AED 115 per person on food only

Deep Blue Ocean Theme Night

AED 210 per person inclusive of selected house beverage

AED 165 per person inclusive of soft drinks and juices

AED 135 per person on food only

For enquiries and reservations:

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21 February 2012,
The Ritz-Carlton DIFC



A festive, foodie celebration

The BBC Good Food ME Awards are almost upon us, and we are excited to celebrate with the finalists, winners, judges, guests and fellow foodies at the prestigious ceremony. The awards night will take place on 21 February at The Ritz-Carlton DIFC and spaces are running out fast, so be sure to get online to make sure you don't miss out!

Awarding the best

The second annual BBC Good Food ME Awards are recognising the top food experiences the region has to offer. From ingredients used in cooking to the top restaurants to dine out in, our awards combine consumer nominations and industry expert judging to reveal the best.

The winners will be announced on the night of our awards ceremony, and here is a reminder of the fabulous finalists...

INGREDIENT CATEGORIES

Purely consumers' choice categories, the finalists, as well as the winners have been determined through nominations we received from our readers and the public. Here are the consumers favourite brands and ingredients that made it into the finals

FAVOURITE OLIVE OIL BRAND

Rafael Salgado
Rahma
Bertolli
Figaro

FAVOURITE DAIRY BRAND

Cheese

Kraft
Al Marai
Al Ain Dairy

Cream

Al Marai
Nestle
Puck
Elle & Vire

Milk

Al Ain Dairy
Al Marai
Al Rawabi
Lacnor

Butter

Lurpak
Amul
Al Marai
Anchor

FAVOURITE SAUCES, PESTO, MARINADES BRAND

American Garden
Heinz
Jamie Oliver
Sacla
Maggi

FAVOURITE SHOP FOR SEAFOOD

Carrefour
Lulu Hypermarket
Organic Foods & Cafe
Spinneys
Geant

FAVOURITE SHOP FOR MEAT

Carrefour
Lulu Hypermarket
Organic Foods & Cafe
Spinneys
Waitrose
Butcher Shop & Grill

FAVOURITE SHOP FOR ORGANIC PRODUCTS

Organics Food & Cafe
Ripe Organic Market
Carrefour
Spinneys
Waitrose

FAVOURITE SHOP FOR FRESH PRODUCE

Spinneys
Waitrose
Ripe Organic Market
Organic Foods & Cafe
Lulu Hypermarket
Carrefour

FAVOURITE DRIED HERB AND SPICE BRAND

Gyma
Natco
Shama



Main sponsors



DINING CATEGORIES

BEST BRUNCH

Al Qasr Hotel, Madinat Jumeirah
Westin Mina Seyahi Beach Resort & Spa Dubai
Traiteur, Park Hyatt Dubai

BEST CAFÉ

More Café, Dubai
Lime Tree Café, Dubai
Jones the Grocer, Abu Dhabi
Bloomsbury's Café, Abu Dhabi

BEST STEAKHOUSE

Ruth's Chris Steakhouse,
 The Monarch Dubai
JW's Steakhouse, JW Marriot Dubai
Prime Steakhouse, Meydan
Rhodes Twenty10, Le Royal Meridien

BEST LATIN AMERICAN

Asado, The Palace – The Old Town
Maya, Le Royal Meridien Dubai
Pachanga, Hilton Dubai Jumeirah
La Parilla, Jumeirah Beach Hotel

BEST INDIAN

Chor Bazaar, Ibn Battuta Gate
Indego by Vineet,
 Grosvenor House Dubai
Iz, Grand Hyatt Dubai
Mahec, Le Meridien Dubai

BEST MEDITERRANEAN

BICE, Hilton Jumeirah Beach
Elia Greek Restaurant,
 Majestic Hotel Dubai
Medzo, Wafi, Oud Metha

BEST ASIAN

Benjarong, Dusit Thani Dubai
Zuma, DIFC
Okku, The Monarch Dubai
Hakkasan, Emirates Palace Abu Dhabi
Blue Elephant, Al Bustan Rotana

BEST MIDDLE EAST & NORTH AFRICAN (MENA)

Al Hadheerah, Bab Al Shams Desert Resort & Spa
Shabestan, Radisson Blu,
 Dubai Deira
Al Nafoorah, Jumeirah Zabeel Saray
Ewaan, The Palace – The Old Town

BEST FAMILY/CASUAL

Carluccio's, Dubai
Ping Pong, The Dubai Mall
The Noodle House, Dubai

BEST EUROPEAN

La Petite Maison, DIFC
Reflets Par Pierre Gagnaire,
 InterContinental Dubai Festival City
Rhodes Mezzanine,
 Grosvenor House Dubai
Rivington Grill, Souk Al Bahar

BEST NEW RESTAURANT

Toro Toro, Grosvenor House Dubai,
 Tower 2
Voi, Jumeirah Zabeel Saray
Table 9, Hilton Dubai Deira Creek
Stay by Yannick Alleno, One&Only
 The Palm Jumeirah

RESTAURANT OF THE YEAR

La Petite Maison, DIFC
Reflets Par Pierre Gagnaire,
 InterContinental Dubai Festival City
Zuma, DIFC
Okku, The Monarch Dubai

Exclusive Sponsor

Exclusive Beef Sponsor



Other Sponsors

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TAVOLA



Chef of the Year

New to this year's BBC Good Food ME Awards is the Chef of the Year competition.

Similar to the other categories in our awards, we invited the public to vote for their favourite chefs in the UAE. Thousands of nominations came in and the four chefs that received the most nominations were Chef de Cuisine Nueremol Poolkun, Dusit Thani Dubai; Head Chef Nick Alvis, Table 9, Hilton Dubai Deira Creek; Executive Chef Paul de Visser, Ruth's Chris Steak House, The Monarch Hotel Dubai; Executive Head Chef Reif Bin Othman, Zuma, DIFC.

The four finalist chefs will be participating in our Black Box Culinary Challenge on 19 February 2012.

Hosted at the Emirates Academy of Hospitality Management in Dubai, the chefs will be given a 'black box' of mystery ingredients and will have an hour and a half to create a main course and dessert using all the ingredients in the box, as well as items from the pantry.

Our panel of judges will then sample the dishes, judging the main course and the dessert on creativity, taste, presentation and other criteria. The judges' decision is final and the winner of this prestigious award will be named Chef of the Year at the awards ceremony on 21 February 2012.

MEET THE CHEF OF THE YEAR FINALISTS



**Head Chef
Nick Alvis,**
Table 9,
Hilton Dubai Deira Creek



**Executive Chef
Paul de Visser,**
Ruth's Chris Steak House,
The Monarch Dubai



**Chef de Cuisine
Naruemol Poolkun,**
Benjarong,
Dusit Thani Dubai



**Executive Head Chef
Reif Bin Othman,**
Zuma,
DIFC





THE RITZ-CARLTON®
DUBAI INTERNATIONAL FINANCIAL CENTRE

We invite you to a Mardi Gras spectacular!

The BBC Good Food ME Awards on 21 February 2012 at The Ritz-Carlton DIFC will be a fabulous evening of festivities. The event falls on 'fat Tuesday' the day when Mardi Gras is celebrated across the globe, and as such, we have themed our event to encompass this colourful festival of music, mingling, fun, and of course, FOOD!

The event begins at 19.00 with cocktails, bubbly and canapés from a variety of tasting stations. At 20.00 we will welcome all our guests into the ballroom, where dinner will be served. You can look forward to live music interspersed with the announcement of the winners; it is a time for everyone to relax and enjoy the party! Once the awards ceremony has come to an end, our live band will return to the stage and our after-party celebrations begin.

In true Mardi Gras style we encourage everyone to dress up in colourful, festive attire, and we will be providing each guest with Mardi Gras masks too.

There are only limited spaces available for the *BBC Good Food ME Awards*, so make your booking soon!

A festive evening of canapés, cocktails and bubbly followed by a three-course dinner and the awards ceremony, there will also be live music and fantastic prizes to be won. AED 350 per person or AED 250 for Food Club members, you can also book a table of ten people for AED 2,000. To book your place at the awards visit bbcgoodfoodme.com or email Marizel@cpidubai.com.

THE MENU

You can enjoy a sumptuous three-course set menu at the *BBC Good Food ME Awards*...

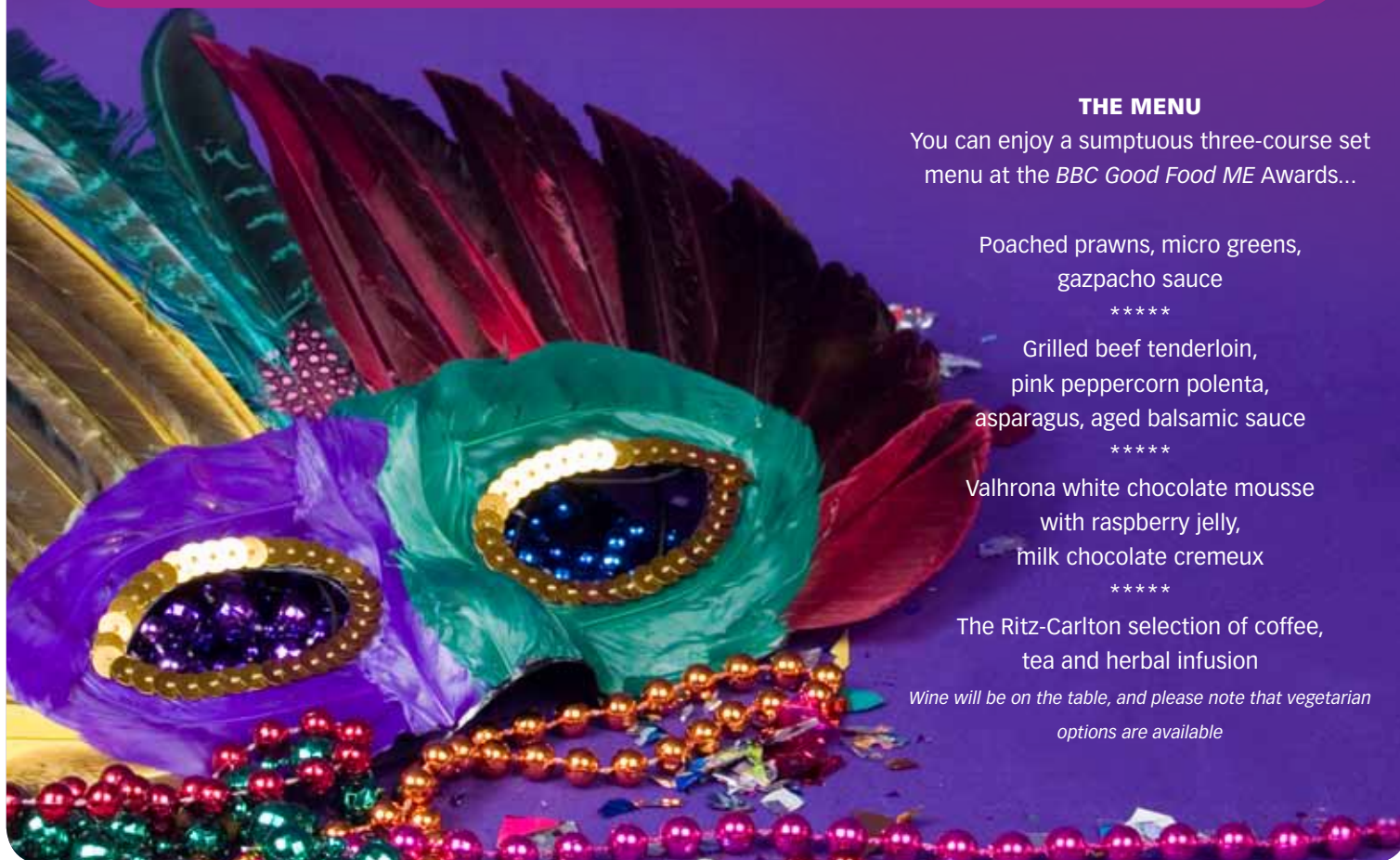
Poached prawns, micro greens,
gazpacho sauce

Grilled beef tenderloin,
pink peppercorn polenta,
asparagus, aged balsamic sauce

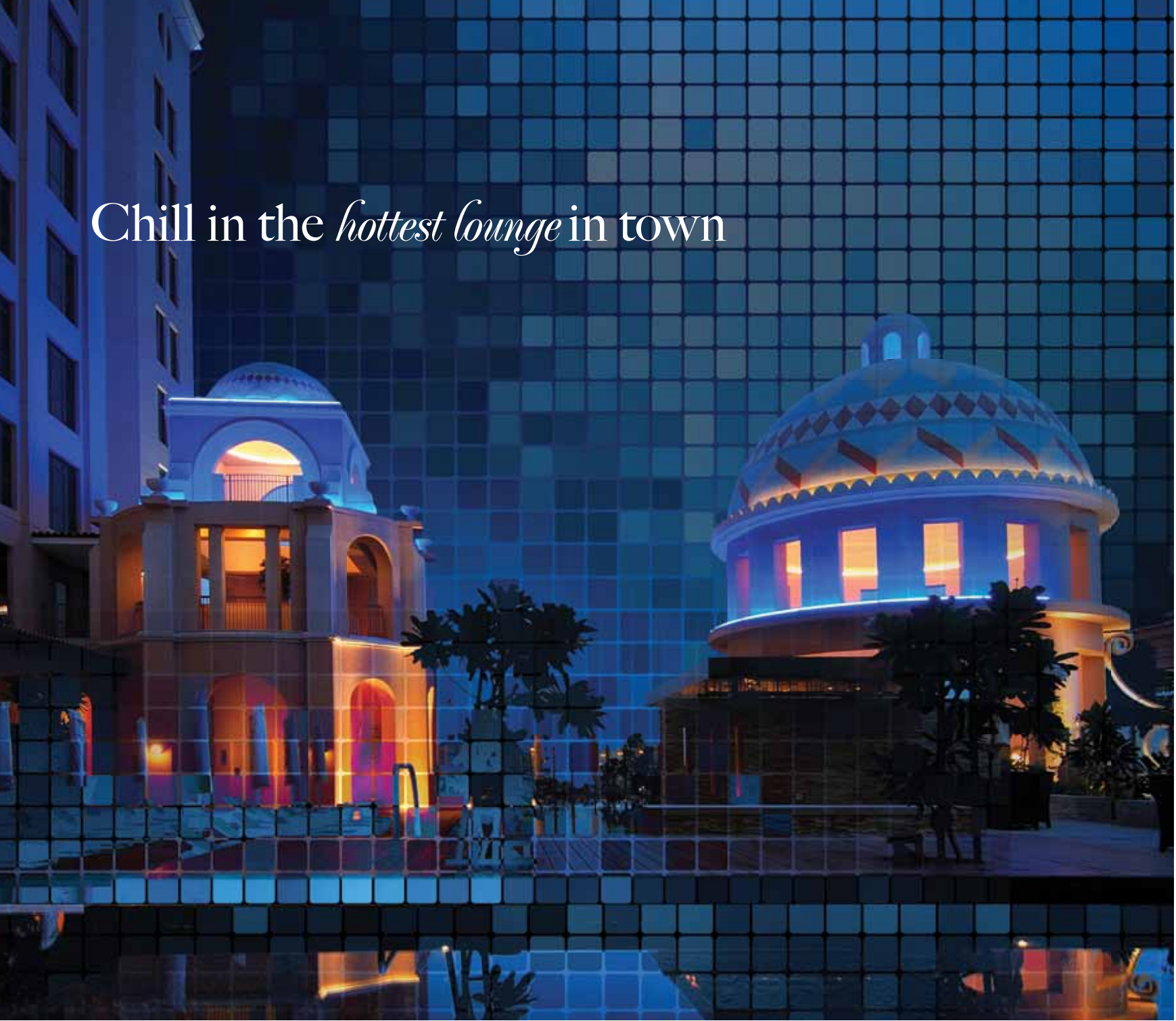
Valrhona white chocolate mousse
with raspberry jelly,
milk chocolate cremeux

The Ritz-Carlton selection of coffee,
tea and herbal infusion

Wine will be on the table, and please note that vegetarian options are available



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DUBAI

Food for the Weekend

- Cooking with a manicure
- Food for your loved one
- Cupcakes for a crowd
- 5 pancake fillings

Entertain
with ease!

Comforting beef pie
— recipe, p93



82 The cosiest lamb tagine



98 Moroccan meatball tagine
with lemon & olives



102 Twice-baked
cheese soufflés

Cooking with a manicure

Sassy PR & food marketing guru and talent behind *Cooking with a Manicure* website, Farah Sawaf whips up a beautiful romantic feast, perfect for your loved one this Valentine's Day



Apple celery salad with ricotta dressing

SERVES 2 TO 4 • 20 MINUTES

It may not make sense at first, but the crunch of the apple and celery combined with sweet ricotta and honey is lovely. The colours remind me of a pretty picture, as the bright red and soothing green are just so wonderful to look at. This is definitely a very pretty dish for any special occasion and it doesn't hurt that honey is traditionally an ingredient for lovers to 'sweeten the love' its natural goodness lifting moods and giving you a euphoric uplifting feeling.

Recommended NStyle nail polish color for this recipe: Asia with Love

- 1 cup chopped organic red apples, rinsed and with skin still on**
- 2 cups chopped celery, green part only, discard the bottom white leaves are optional**
- ¼ cup raw organic pine nuts**
- ½ teaspoon finely grated lemon zest**
- 1 tbsp chopped fresh mint leaves**
- ½ cup extra-virgin olive oil-Organic Nektar extra virgin**
- 2 tbsp of your favourite honey (Honey Trees organic rainforest brand)**
- 3 tbsp of soft ricotta cheese- bio verde**
- 1 tbsp poppy seeds, if available**

- 1** In a large serving bowl, toss apples, celery and pine nuts together. Mix in the lemon zest and mint. Combine thoroughly.
- 2** In a bowl whisk together oil, honey, ricotta, and poppy seeds. Pour this over the salad and toss to coat or simply serve on the side for a light drizzle.





White asparagus truffle soup

SERVES 2 TO 4 • 55 MINUTES

This soup screams out special occasion! It doesn't hurt that asparagus is on the top of the list for sensual foods offering energy and vitality to those who consume it in larger quantities. The truffle oil ties it all together with that elegant touch of deep, rich flavor.

Recommended NStyle nail polish color for this recipe: Je T'Aime

2tbsp unsalted butter or reduced fat margarine butter flavor
1 small yellow onion, chopped
500g white asparagus, outer skin peeled and cut into 2-inch pieces
1 medium potato peeled and chopped
4 cups chicken or vegetable stock (Organic Foods & Cafe has tubs in frozen section ready to use!)
¼ tsp ground nutmeg
½ cup light cooking cream
½ tsp salt

¼ tsp white pepper
¼ tsp grated black pepper (100% bio Organic Artemis)
good quality white truffle oil
***blender or hand blender required for this recipe**

1 In a large pot melt butter over medium heat. Add onion and cook until translucent, about 5 mins, stirring frequently. Add asparagus and potato, sautéing for 5 mins. Add stock. Bring to a boil then simmer and cook until tender for about 20 mins.

2 Once tender, carefully ladle the mixture into a blender and purée until smooth. Or use a hand blender where you can blend right in the pot. Return blended squash to pot. Stir and season with nutmeg, cream, salt, white pepper and black pepper.

3 To serve, garnish each bowl with a drizzle of pure truffle oil, not too much though as it can over power the taste.

4 If you can also drizzle some cream for more colour with more cracked black pepper for final touch.

Lavender scallops

Serves 2 to 4 • 25 minutes

This scallop concoction is one of my favourites with the combination of lavender, brown sugar and meaty scallops are delightful. As a unique cooking flavour, lavender's aromatic allure shines while its myriad of other magical properties take hold internally offering a quaint calming effect- a true aphrodisiac!

Since scallops can be a bit expensive, this is the perfect dish for a special occasion or even just as an out-of-the-blue treat.

Recommended NStyle nail polish color for this recipe: French Kiss

4 large sea scallops cut width-wise, making 8 flat pieces

1 tbsp extra-virgin olive oil-

Organic Nektar extra virgin

1 clove of garlic, crushed

¼ tbps of loose lavender with pinch of salt (found in specialty stores or organic stores) if not

available Fleur de sel (flower of salt, sea salt) will work- Gourmet Baesurisal pinch of ground black pepper- 100% bio Organic Artemis 2 tbsp brown sugar

1 In a large, non-stick pan heat olive oil for 30 seconds over low heat. Add garlic to the oil, spreading the crushed bits evenly throughout the pan. Place scallops gently over the garlic. Increase heat to medium. Cook for 3 to 4 minutes on each side to get a beautiful brown crust.

2 Sprinkle stock over cooked scallops, followed by sprinkling lavender salt or fleur de sel. Finish by topping scallops with brown sugar. This should create a bit of syrup with the scallops. Sauté for a few minutes over low heat.

3 Gently lay on a serving plate and garnish with freshly ground pepper. I like to top them over a bed of spinach or with a side of coloured capsicums and balsamic for colour and crispy texture.



This succulent lamb dish is cooked and served in an Emile Henry tagine from Tavola, Dubai



The cosiest lamb tagine

SERVES 2 • 25 MINUTES

Sometimes there is nothing better than a juicy thick steak to sooth the soul. The texture and rich flavor of the cheese oozed deep into the meat makes every bite delightful and wonderfully interesting.

Recommended NStyle nail polish color for this recipe: Habibi

- 1 tbsp butter plus one tbsp olive oil (Organic Nektar extra virgin)**
- 1.5 kilos/3 pounds lamb shoulder pieces- pre call the Organic Store and they will have it ready for you!-**
- 2 medium red onions, peeled and grated**
- 2 tbsp ras el hanout, or Moroccan ready made spice-**
- 1 ½ cups of water**
- large pinch saffron**
- 1 cinnamon stick**
- 2 tsp sugar**
- 1 cup canned chickpeas**
- 3 cups pumpkin or butternut squash, chunks**
- ¾ cup organic pitted prunes, halved (already pitted at the Organic Store)**
- ½ cup dried cut apricots**
- 2 tbsp orange blossom water**
- good quality couscous**

- 1** Pre heat oven to 160 degrees C
- 2** Coat lamb with grated onion, ras el hanout, or Moroccan seasoning and salt and pepper. Marinate in refrigerator if you have time.
- 3** Over the stove top melt butter and olive oil in a wide, heavy-bottomed oven safe pot or preferable a large tagine (found in Tavola, I love the Emile Henry brand-its fantastic), add meat, and brown lightly on all sides. Add saffron, water, salt/pepper and cinnamon stick; bring to a boil. Reduce heat to a simmer and transfer to the oven, covered, for 1 ½ hours.
- 4** In a large pan heat olive oil and butter. Add pumpkin, red onion and sugar sauteeing for 10 to 15 mins. Add prunes, chickpeas and apricots.
- 5** Remove lamb from oven and let cool, remove meat from juice, leaving juice in the pot. Remove meat from bones and discard bones.
- 6** In pot add the veggie mix to the lamb meat. Cover with lid and cook together for approx 30 min on 150 degrees C.
- 7** Serve with couscous and garnish with almost and pine nuts.

For more fabulous foodie delights from Farah Sawaf, visit cookingwithamanicure.com

Aztec hot chocolate

SERVES 2 • 25 MINUTES

The Aztecs referred to chocolate as 'nourishment from the Gods'. Chocolate contains chemicals thought to effect neurotransmitters in the brain and a related substance to caffeine called theobromine. Using this hot chocolate as dessert is a decadent and will definitely get you in a cosy mood! For presentation, Tavola has the cutest Café C&S+Spoon set; it's the perfect finishing touch!

Recommended NStyle nail polish color for this recipe: My Valentine

- 2 cups skim milk**
- 1 tbsp sugar**

- 1 tbsp honey**
- 1 pinch ground ginger - 100% bio organic Artemis**
- 1 pinch ground cloves**
- ¼ cup red chili/pepper dark chocolate (I recommend Vivani Organic red chilli dark)**
- 1 tsp vanilla extract**
- whipped cream, to serve**
- garnish with chili flakes or red pepper/cracked black pepper**

- 1** Heat the milk over low to medium heat on the stovetop, in a medium-sized pan heat milk.
- 2** Add sugar, honey, ginger, and cloves until fully dissolved. Gently stir in the chocolate and vanilla.
- 3** Pour into your favourite cup or mug and serve.



win win win!

Visit the competitions page on bbegoodfoodme.com to stand a chance to win Simply NStyle Manicures (five to giveaway!) and a Bio-Dynamic Hamper from the Organic Foods & Café.

Serve your hot chocolate in this Café C&S cappuccino set with spoons from Tavola



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Party cupcakes for a crowd

Making one cupcake mixture and flavouring it three ways is a simple, show-off way to make a party pud Recipe LULU GRIMES Photograph SIAN IRVINE

Party cupcakes for a crowd

MAKES 24 CAKES • 1 HOUR +
COOLING • **Easy**

butter 175g
golden caster sugar 175g
self-raising flour 175g
eggs 3
vanilla extract 1/2 tsp
cocoa 1 tbsp
milk 3 tbsp
shelled pistachios 75g, ground
lemon 1, zested
ICINGS
icing sugar 400g
lemon juice 3 tbsp (use the zested one)
food colouring we used yellow
white chocolate 150g
milk 2 tbsp
shelled pistachios 2 tsp, chopped
butter 150g, softened
cocoa 2 tbsp

1 Put 24 cupcake cases into 2 x 12 hole tins. Heat the oven to 180C/fan 160C/gas 4. Beat the butter and sugar until fluffy and then beat in the flour, eggs and vanilla. Working quickly, divide the mix into three. Beat the cocoa and 1 tbsp milk into 1 batch, the pistachios and remaining milk into the next and the lemon zest into the last. Divide each batch between 8 cases and bake for 12-15 minutes, or until risen. Swap the trays around half way if you need to. Cool.

2 Mix lemon juice gradually into 200g icing sugar to make the lemon icing. Take out 2 tbsp, colour it, then put in a piping bag. Flood each lemon cake with white icing and allow to set. Snip the corner off

the bag of coloured icing and pipe a cross hatch or dots on each.

3 For the pistachio icing, melt white chocolate with milk and stir until smooth. Allow to thicken and spread onto each pistachio cake. Sprinkle with pistachios.

4 For chocolate icing, beat the butter with the remaining sugar and cocoa, spoon into a piping bag with a star nozzle and pipe onto the chocolate cakes.

AVERAGE PER CAKE 291 kcals, protein 3.3g, carbs 32.6g, fat 16.3g, sat fat 9g, fibre 0.7g, salt 0.4g





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WEEKEND

BBQ hot stars

Take your outdoor cooking
beyond the burger with these
new ideas for the barbecue
from the Good Food team
Photographs DAVID MUNNS



Texas barbecue brisket
— recipe, p98

Food styling JAYNE CROSS | Styling PENNY IGGLEDEN | Wine notes SARAH JANE EVANS MW



Skewered
sardines with
tartare
dressing
– recipe, p98



Texas barbecue brisket

SERVES 10 ● PREP 30 mins ● COOK 6 hrs **For the confident cook**

about a 5kg/11lb piece of beef brisket

500ml/18fl oz beef stock

FOR THE BARBECUE SAUCE

1 tbsp sunflower oil

1 small onion, finely chopped

3 garlic cloves, crushed

500ml/18fl oz tomato ketchup

100ml/3½fl oz Worcestershire sauce

75ml/2½fl oz lemon juice

2 tbsp brown sugar

1 tbsp malt vinegar

2 tsp Dijon mustard

1 tsp crushed chilli flakes

1 tsp Tabasco

1 tsp dried thyme

FOR THE RUB

2 tbsp each chilli powder and mustard powder

1 tbsp each paprika, ground cumin, garlic powder, ground black pepper, caster sugar

1 bay leaf, crushed

1 To make the barbecue sauce, heat the oil in a frying pan, then cook onion and garlic for a few mins until soft. Add the rest of the sauce ingredients to the pan with a good pinch of salt and simmer for 20 mins. Use a hand blender or food processor to whizz to a smooth purée.

2 Heat oven to 150C/130C fan/gas 2.

Make the rub by mixing all the ingredients together with a pinch of salt. Rub the mix all over the beef and set aside.

3 In a large roasting tin, mix the beef stock and ½ the barbecue sauce. Add the brisket to the tin, cover tightly with

foil, then cook for 4-5 hrs until the meat is really tender when you push a fork into it. *The beef can be prepared the night before – just leave it to cool in the tin covered with foil, but don't refrigerate.*

4 To finish the beef, get a barbecue fired up and wait until the coals are completely ashen – you want a low, not fierce, heat. Lift the beef out of the roasting tin and place on the barbecue to char. If your barbecue has a lid, close it now. Cook for about 20 mins, turning it carefully with tongs, until lightly charred all over and heated through. Lift onto a board and serve sliced with the remaining barbecue sauce on the side.

PER SERVING 958 kcals, protein 94g, carbs 13g, fat 59g, sat fat 26g, fibre none, sugar 10g, salt 1.26g

TIP:

When you order the brisket from your butcher, ask for a neat-shaped whole piece that is trimmed of any excess fat on the side. The more uniform your piece of beef, the easier it will be to handle.

WHATEVER THE WEATHER

Once the beef has been braised in the oven, it is ready to eat. But if you want to give it that charred barbecue flavour, you can lift the beef to a new roasting tin and finish it in a hot oven or under the grill.



Skewered sardines with tartare dressing

SERVES 4 ● PREP 20 mins ●

COOK 10 mins **Easy** **Superhealthy**

Heart healthy, good source of omega-3

zest and juice 1 lemon

4 tbsp olive oil

12 sardines, cleaned, gutted and heads cut off (ask your fishmonger to do this)

small bunch dill, finely chopped

small bunch parsley, finely chopped

1 tbsp capers, drained and chopped

2 tbsp cornichons, drained and finely chopped

8 wooden skewers, soaked in water

1 Pour half the lemon juice and 1 tbsp olive oil over the sardines, then rub it into the fish's cavity and skin. Lay 2-3 sardines (depending on size) side by side and thread a skewer through the tail end and one through the head end, packing them closely together.

2 To make the tartare dressing, combine the lemon zest and the rest of the juice and oil with the dill, parsley, capers, cornichons and some seasoning. Set aside.

3 Season the sardines really well, then carefully lift them onto a hot barbecue. Cook for 3-4 mins on each side, carefully lifting the skewers to turn them, then transfer to a serving plate. Spoon over a little dressing and serve the rest on the side.

PER SERVING 400 kcals, protein 37g, carbs 1g, fat 28g, sat fat 5g, fibre none, sugar none, salt 0.91g

WHATEVER THE WEATHER!

To cook the sardines indoors, skewer them as above and drizzle with a little olive oil. Lay them on a sturdy baking tray and place under a hot grill, turning once, until blistered and cooked through.



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Food for someone you love

Perfect for
Valentine's
Day

Show that special person how much you care
with one of **Sarah Cook's** tempting recipes

Photographs MAJA SMEND

Red velvet cake

SERVES 12 ● PREP 1 hr 10 mins plus
cooling ● COOK 25-30mins

Moderately easy 🧊 sponges can be frozen
before assembling

*Read this recipe carefully before starting
as you need to make four sponges, in two
batches, so don't use all the ingredients
in the first batch!*

**few sweets to decorate, we used jelly
hearts from a sweet shop (optional)**

FOR THE SPONGES

250g/9oz butter, plus extra for greasing
**200g/7oz dark chocolate, broken
into chunks**

500g/1lb 2oz plain flour

500g/1lb 2oz golden caster sugar

2 tbsp cocoa powder

1 tsp bicarbonate of soda

½ tsp salt

2 large eggs

200g/7oz natural yogurt

**400g/14oz cooked beetroot in natural
juices (not vinegar)**

**4 tbsp or 2 x 28ml bottle red food
colouring (optional – a natural
liquid colouring will not work)**

FOR THE FROSTING

**200g/7oz full-fat soft cheese,
at room temperature**

250g/9oz butter, softened

400g/14oz icing sugar, sifted

2 tsp vanilla extract

1 Heat oven to 180C/160C fan/gas 4.
Make the first batch of sponges by
greasing and lining 2 x 20cm round tins.
Gently melt half the butter and
chocolate together in a saucepan. Mix
half the flour, sugar, cocoa, bicarb and
¼ tsp salt in a large mixing bowl. Whizz
one egg and half the yogurt and
beetroot in a food processor or blender
until fairly smooth. Put the kettle on.

2 Tip the beetroot mix into the dry

ingredients along with the melted
chocolate mixture and 150ml boiling
water, then stir to combine. Stir in half
the food colouring, if using, and divide
the mixture between the tins. Bake for
25 mins until a skewer poked into the
centre comes out clean. Leave the
cakes on a wire rack to cool completely.
3 Repeat Steps 1 and 2 to make 2 more
sponges or if you're lucky enough to
have 4 x 20cm sandwich tins you can
bake in a big batch all at once.

4 To make the frosting, briefly beat
together the soft cheese and butter,
then beat in the icing sugar and vanilla.
Use a little to sandwich the cooled
cakes together, then swirl the rest
all over the sandwiched cakes and
decorate with sweets, if you like. Sit
the cake somewhere cool (not the
fridge) to set a little before serving.


PER SERVING 656 kJ, protein 5g, carbs 75g,
fat 37g, sat fat 23g, fibre 1g, sugar 61g, salt 0.8g

Make our
**Cover
Recipe**



I've added some beetroot to this gorgeous, squidgy cake, so if you don't like the idea of using artificial food colouring you'll still get ruby hue to the sponges

Salted caramel choc pots

MAKES 2 easily doubled • PREP 30 mins plus chilling • COOK 5 mins **Easy** 

4 tbsp dulce de leche or canned caramel (we used Carnation)
½ tsp sea salt, plus extra to serve
85g/3oz each dark and milk chocolate, broken into squares
1-2 long, thin, plain grissini
2 tbsp demerara sugar
100ml/3½fl oz double cream, at room temperature
50ml/2fl oz milk

- 1 Mix the caramel with the salt, divide between 2 small glasses and chill.
- 2 Melt the chocolates together in a glass bowl set over a pan of barely simmering

water. Snap the grissini into short lengths, then dip each end into the chocolate to coat a little. Sit on a wire rack for the chocolate to drip and set a little, then dip the chocolate ends into the sugar to coat. Sit in an airtight container lined with baking parchment and chill to set until ready to serve.

3 Stir the double cream and milk into the remaining melted chocolate until smooth, then scrape into a jug. Slowly pour on top of the caramel, around the edges first. Chill the pots for at least 2 hrs, or up to 24 hrs.

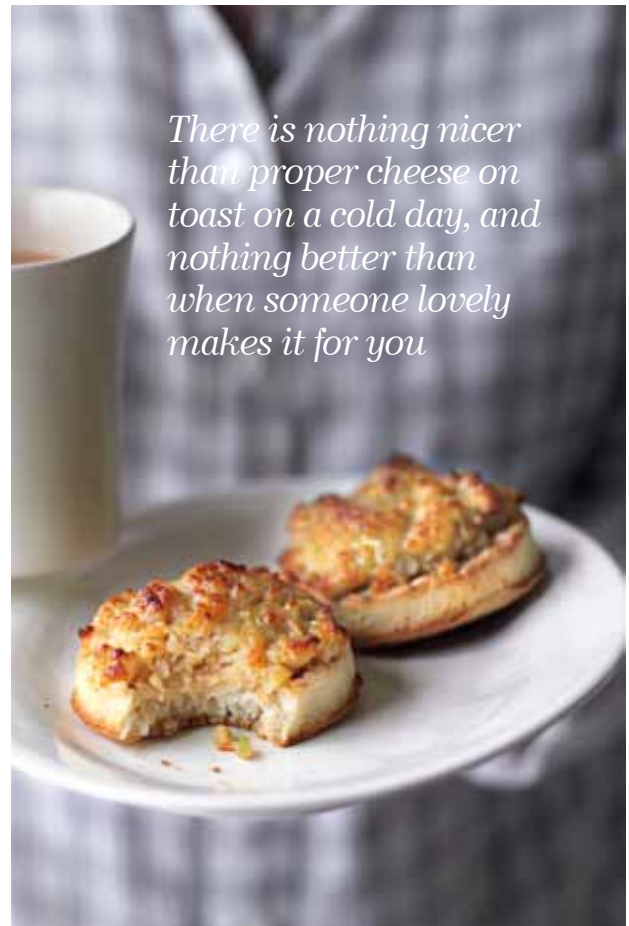
4 To serve, scatter a little more sea salt on top of each pot, then add one or two sugar-tipped grissini.

PER SERVING 847 kcals, protein 8g, carbs 83g, fat 53g, sat fat 32g, fibre 2g, sugar 79g, salt 1.5g





Something sweet just for two – these puds are simple enough for anyone to make, but unbelievably good!

There is nothing nicer than proper cheese on toast on a cold day, and nothing better than when someone lovely makes it for you



Rarebit crumpets

TOPS 8 CRUMPETS generously • PREP 30 mins • COOK 15 mins **Easy**    Good source of calcium

2 spring onions, green and white parts separated, both finely chopped

25g/1oz butter

2 tbsp plain flour

100ml/3½oz beer

1 large egg, beaten

50g/2oz fresh breadcrumbs

250g/9oz extra-mature cheddar or vegetarian alternative, grated

8 crumpets

1 In a small pan, soften the white parts of the spring onion in the butter, then stir in the flour for 1 min. Very gradually, stir in the beer to make a thick sauce (like when making a white sauce). Take off the heat and stir in green parts of the spring onion, the egg, breadcrumbs and cheddar. Season and chill until you're ready to use.

2 Lightly toast crumpets, and heat grill to high. Arrange crumpets on a baking sheet, pile rarebit mixture on top and grill for a few mins until piping hot and golden brown.

PER SERVING 494 kcals, protein 23g, carbs 34g, fat 29g, sat fat 17g, fibre 1g, sugar 2g, salt 2.6g

Comforting beef pie

SERVES 4 • PREP 1 hr • COOK 4 hrs

🍴 **Moderately easy** ⚙️ before baking

Good source of iron and calcium

1 onion, chopped
 1 small celery stick, chopped
 2 tbsp butter
 2 tbsp plain flour
 700g/1lb 9oz beef shin, featherblade or
 stewing steak, cut into large chunks
 1 tbsp Worcestershire sauce
 2 beef stock cubes

2 sprigs thyme
 540ml can dark ale or beer
 1 egg, beaten, to glaze
 few pinches poppy seeds

FOR THE PASTRY

500g/1lb 2oz plain flour, plus a little
 extra
 250g/9oz vegetarian suet

1 Heat oven to 160C/140C fan/gas 3. Using a flameproof casserole dish with a lid, soften onion and celery in the butter. Stir in the flour until it has disappeared, then stir in the beef and Worcestershire sauce. Crumble in stock cubes and add thyme. Pour over ale, bring to a simmer, then cover and cook in the oven for 2½ hrs. Remove lid and cook for another 30 mins – this should thicken the sauce nicely.

2 Increase oven to 200C/180C fan/gas 6. For the pastry, whizz the flour, suet and 1 tsp salt in a food processor until there

are no suet lumps. Keeping the motor running, dribble in 1 tbsp water at a time until the pastry starts to come together, then tip onto a lightly floured surface and bring together with your hands.

3 Roll out half the pastry and use to line a 20-22cm pie dish. Using a slotted spoon, spoon in all of the meat, then pour over some of the sauce until the meat is just coated. Put the rest of the sauce into a saucepan. Roll out the remaining pastry to cover the pie. Trim the edge with a small, sharp knife, then crimp or fork the edges to seal. Make a small heart from cuttings. Brush top of the pie and heart with beaten egg, then dip heart into poppy seeds and stick to top. Bake for 30-40 mins until golden brown and crisp. Reheat sauce and serve with the pie along with some mash and greens.

PER SERVING 1356 kcals, protein 56g, carbs 111g, fat 75g, sat fat 36g, fibre 5g, sugar 8g, salt 3.2g

*This is the sort of Valentine's gift
 that will really make his day*

MAKE-AHEAD TIP

To assemble the pie in advance, cool the beef filling before putting into the pie. Both the filling and pastry can be made up to 24 hrs in advance too, just keep chilled in the fridge before assembling.

Serve these prawns with some warm crusty bread for mopping up all of the buttery juices

Buttery chilli prawns

SERVES 2 ● PREP 15 mins ●

COOK 8 mins **Easy** 

If you'd like to serve these as a starter, 12-16 prawns will be ample, as a main course 20 is more generous.

25g/1oz butter

2 tbsp olive oil

3 garlic cloves, finely chopped

1 red chilli, seeds left in and finely chopped (see below)

½ tsp sweet paprika

12-20 large raw king prawns with shells (see above)

juice 1 lemon, plus a few slices for a finger bowl

½ x small bunch parsley, roughly chopped

small loaf crusty bread, warmed to serve

1 Melt the butter and oil together in a frying pan. Add the garlic, chilli and paprika, then fry for 1-2 mins until starting to turn golden. Turn up the heat, throw in the prawns and fry for a few mins, stirring, until all the prawns turn pink. Take off the heat, season and stir in the lemon juice and parsley.

2 Add some lemon slices to a finger bowl of warm water, grab a bowl for the shells, then dig straight in with your fingers and hunks of crusty bread.

PER SERVING 237 kcals, protein 9g, carbs 2g, fat 22g, sat fat 8g, fibre 1g, sugar 1g, salt 1.6g

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Photograph WILL HEAP


Creamy garlic & thyme mushrooms

SERVES 2 • **PREP 10 mins** • **COOK 15 mins** **Easy**    Heat **1 tbsp olive oil** and **1 tbsp butter** in a large frying pan. Add **3 finely sliced garlic cloves** and cook until golden. Tip in **250g pack sliced, mixed mushrooms**, **2 tsp thyme leaves** and seasoning, and cook for 5 mins.

Add **100g cream cheese** and stir until smooth. Divide the mix between 2 warm savoury pancakes, roll or fold up, and serve with a green salad, if you like.

PER SERVING 630kcal, protein 11g, carbs 26g, fat 53g, sat fat 25g, fibre 3g, sugar 4g, salt 1.2g


Honeycomb butter

SERVES 2 • **PREP 5 mins plus chilling** • **NO COOK** **Easy**  In a bowl, bash a **40g Crunchie bar** with the end of a rolling pin into chunky crumbs. Add **50g soft butter**, **1 tbsp honey** and a pinch salt, then tip mixture onto a sheet of cling film and roll into a sausage shape. Twist the ends to tighten, then chill for 30 mins.

Top 2 warm sweet pancakes with a slice of Honeycomb butter and an extra drizzle of honey.

PER SERVING 645kcal, protein 8g, carbs 58g, fat 42g, sat fat 23g, fibre 1g, sugar 38g, salt 1.7g



Lemon curd mascarpone

SERVES 2 • **PREP 5 mins** • **NO COOK** **Easy**  Put **100g mascarpone**, **zest ½ lemon**, **1 tbsp lemon juice** and **2 tsp icing sugar** in a bowl and mix to combine. Swirl through **2 tbsp lemon curd**, then set aside. Spoon the creamy

lemony mix over 2 warm sweet pancakes and roll or fold up.

PER SERVING 517kcal, protein 12g, carbs 51g, fat 29g, sat fat 15g, fibre 1g, sugar 29g, salt 0.2g

Ham, spinach & Gruyère

SERVES 4 • **PREP 5 mins** • **COOK 5 mins** **Easy**   Empty a **250g bag spinach** into a colander. Pour over a kettleful of boiling water and allow to stand for a few mins to wilt and cool. Squeeze out excess water, then roughly chop.


Put 4 savoury pancakes on a board.

Divide **4 large slices ham**, **200g grated Gruyère** and the spinach between them, then fold each pancake in half. Fry the pancakes in a non-stick frying pan for 2 mins on each side or until golden and crispy with a melting middle.

PER SERVING 524kcal, protein 26g, carbs 26g, fat 40g, sat fat 16g, fibre 2g, sugar 5g, salt 2.5g

Choc chip, peanut butter & banana

SERVES 4 • **PREP 5 mins** • **NO COOK**

Easy  Mix **6 tbsp smooth peanut butter** with **2 tbsp icing sugar**, **2 tbsp milk** and **50g chocolate chips**. Spread the choc-chip mix over 4 warm sweet pancakes. Top with **½ sliced banana**. Fold up and sprinkle with a few **chopped peanuts**, if you like.

PER SERVING 621kcal, protein 14g, carbs 64g, fat 34g, sat fat 13g, fibre 3g, sugar 44g, salt 0.4g



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Make-ahead menu

TO SERVE 6

- Twice-baked cheese soufflés
- Coq au vin
- Angela's lighter chocolate tart

PER SERVING	Classic	Healthier
KCALs	275	175
FAT	21.6g	10.6g
SAT FAT	12.5g	4g
TOTAL SALT	0.9g	0.5g



Twice-baked cheese soufflés

SERVES 6 • PREP 45 mins • COOK 30 mins **Moderately easy** Low fat, counts as 1 of 5-a-day, good for you

- 1½ tbsp olive oil, plus ½ tsp for greasing
- 1 heaped tbsp polenta
- 1 tsp butter
- 25g/1oz plain flour
- 250ml/9fl oz semi-skimmed milk
- 50g/2oz Parmesan, grated
- 1 tsp Dijon mustard
- 50g/2oz light soft cheese
- 2 heaped tbsp snipped chives, plus extra to serve
- 2 large egg yolks
- 3 large egg whites
- 50g rocket

FOR THE TOMATO SALSA

- 350g/12oz cherry tomatoes, finely chopped
- ½ small red onion, finely chopped
- 1 tsp tomato purée
- pinch crushed dried chillies

- 1 Lightly grease six 150ml ramekins with oil and coat with the polenta, shaking out any excess. Sit the ramekins in a small roasting tin. Heat the oil and butter in a medium saucepan, stir in the flour and cook, stirring, for 1 min. Remove from the heat and pour in the milk, a little at a time, stirring well until mixture is smooth.
- 2 Heat oven to 200C/180C fan/gas 6. Return pan to the heat and cook, stirring continuously, until mixture thickens and comes to the boil.

Remove from the heat. Reserve 1 heaped tbsp of the Parmesan and stir the rest into the mixture, with the mustard, then the soft cheese in small spoonfuls. Add the chives, season with pepper and leave to cool slightly.

3 Meanwhile, make the salsa. Mix together the tomatoes, onion, tomato purée and chillies. Season with a grinding of pepper, and chill.

4 Beat the egg yolks into the cheese mixture. Whisk the egg whites to stiff peaks. Using a large metal spoon, fold a spoonful into the mixture to slacken slightly. Gently and evenly fold in the remaining whites, half at a time, keeping mixture light and airy. Evenly spoon into the ramekin dishes to fill. Pour cold water into the roasting tin to come halfway up the sides of the dishes. Bake for 15-18 mins until golden on top and risen. Carefully remove from the tin and leave to cool. The soufflés will sink as they cool – they can be left for 20 mins before re-baking, or cover the dishes once cold and keep overnight in the fridge.

5 When ready to serve, heat oven to 200C/180C fan/gas 6. If the soufflés have been in the fridge, sit them at room temperature for about 10 mins before baking. Turn each out of its dish and place, right-side up, on a baking sheet lined with baking parchment. Sprinkle the reserved Parmesan over each soufflé, then bake for 10 mins or until risen. Scatter with chives. Serve each with a pile of rocket and salsa.

PER SERVING 175 kcals, protein 9.7g, carbs 10.4g, fat 10.6g, sat fat 4g, fibre 0.9g, sugar 4.6g, salt 0.5g

Coq au vin

SERVES 6 ● PREP 25 mins ● COOK 1 hr
20 mins **Moderately easy** 🍴🔪 Counts as 1 of
5-a-day, good for you

1½ tbsp olive oil
3 rashers (100g) dry-cured, smoked back bacon, fat trimmed, chopped
12 small shallots, peeled
2 free-range chicken legs (460g), skin removed
4 free-range chicken thighs with bone and skin (650g), skin removed
2 free-range skinless, boneless chicken breasts (280g)
3 garlic cloves, finely chopped
3 tbsp brandy or Cognac
600ml/1pt red wine
150ml/¼pt good-quality chicken stock
2 tsp tomato purée
3 thyme sprigs, 2 rosemary sprigs and 2 bay leaves, to make a bouquet garni
small handful chopped flat-leaf parsley, to garnish
FOR THE MUSHROOMS
1½ tbsp olive oil
250g/9oz chestnut mushrooms, halved if large
FOR THE THICKENER
2 tbsp plain flour
1½ tsp olive oil
1 tsp softened butter

1 Heat 1 tbsp of the oil in a large, heavy-based saucepan or flameproof dish. Tip in the bacon and fry until crisp. Remove and drain on kitchen paper. Add the shallots to the pan and fry, stirring or shaking the pan often, for 5-8 mins until well browned all over. Remove and set aside with the bacon.

2 Pat the chicken pieces dry with kitchen paper. Pour the remaining oil into the pan, then fry half the chicken pieces, turning regularly, for 5-8 mins until well browned. Remove, then repeat with the remaining chicken. Remove and set aside.

3 Scatter in the garlic and fry briefly, then, with the heat medium-high, pour in the brandy or Cognac, stirring the bottom of the pan to deglaze. The alcohol should sizzle and start to evaporate so there is not much left.

4 Return the chicken legs and thighs to the pan along with any juices, then pour in a little of the wine,



Comforting main course with far less fat

stirring the bottom of the pan again. Stir in the rest of the wine, the stock and tomato purée, drop in the bouquet garni, season with pepper and a pinch of salt, then return the bacon and shallots to the pan. Cover, lower the heat to a gentle simmer, add the chicken breasts and cook for 50 mins-1hr.

5 Just before ready to serve, heat the oil for the mushrooms in a large non-stick frying pan. Add the mushrooms and fry over a high heat for a few mins until golden. Remove and keep warm.

6 Lift the chicken, shallots and bacon from the pan and transfer to a warmed

serving dish. Remove the bouquet garni. To make the thickener, mix the flour, olive oil and butter in a small bowl using the back of a teaspoon. Bring the wine mixture to a gentle boil, then gradually drop in small pieces of the thickener, whisking each piece in using a wire whisk. Simmer for 1-2 mins. Scatter the mushrooms over the chicken, then pour over the wine sauce. Garnish with chopped parsley and serve with Braised leeks & peas and Creamy mash, recipes overleaf.

PER SERVING 420 kcs, protein 46.9g, carbs 7.3g, fat 13.2g, sat fat 3.2g, fibre 1.3g, sugar 1.7g, salt 1.4g

WEEKEND

Angela’s lighter chocolate tart

MAKES 8 slices ● PREP 35 mins plus chilling ● COOK 25 mins Moderately easy

- FOR THE PASTRY
- 140g/5oz plain flour, plus extra for dusting
 - 50g/2oz butter, cut into pieces
 - 2 tsp cocoa powder
 - 1 tbsp icing sugar
 - 1 tbsp rapeseed oil
 - 1 medium egg yolk
 - half-fat crème fraîche, to serve (optional)

- FOR THE FILLING
- 100g/4oz dark chocolate, 70% cocoa solids, very finely chopped
 - 1 tbsp cocoa powder, plus extra ½ tsp for sifting
 - ¾ tsp coffee granules
 - ½ tsp vanilla extract
 - 2 tbsp semi-skimmed milk
 - 2 medium egg whites
 - 2 tbsp dark muscovado sugar
 - 85g/3oz half-fat crème fraîche

1 Tip the flour into a mixing bowl and remove 2 tsp (the cocoa will replace it later). Add the butter and rub into the flour until the mixture resembles fine breadcrumbs. Sift in the cocoa and icing sugar, then, using a round-bladed knife, stir in the oil, egg yolk and 1½-2 tbsp cold water, until the dough comes together. Gently gather into a ball, then roll out on a lightly floured surface, big enough to fit a 20cm round x 3.5cm-deep loose-bottomed flan tin. Ease the pastry into the tin, leaving a slight overhang. Lightly prick the base with a fork, then chill for about 10 mins.

2 Heat oven to 190C/170C fan/gas 5. Sit tin on a baking sheet. Line the pastry with foil and fill with baking beans. Blind-bake for 15 mins or until set. Carefully lift out the beans and paper, then bake the pastry case for another 10 mins or until the base is cooked. Remove, carefully trim off the overhanging pastry with a sharp knife, to give the pastry a flat edge, then leave until completely cold.

3 To make the filling, put the chocolate in a large bowl that will fit over a pan of simmering water without touching it. Mix the cocoa, coffee and vanilla with the



Gives you a chocolate hit with fewer calories and much less fat

PER SERVING	Classic	Healthier
KCALS	542	243
FAT	39.4g	13.4g
SAT FAT	24.2g	7.3g
TOTAL SUGAR	25.1g	13.7g

milk. Pour over the chocolate. Sit the bowl over a pan of gently simmering water, stir, then immediately remove pan from the heat, with the bowl of chocolate still over the water, stirring occasionally, to check when melted. Stir the melted chocolate – it will be quite thick. Stir in 2 tbsp boiling water and the chocolate will immediately thin down and become silky smooth. Take the bowl off the pan and leave to cool slightly.

4 Whisk the egg whites to stiff peaks, then whisk in the sugar until thick and glossy. Fold the crème fraîche into the cooled chocolate. Fold one-third of the egg whites into the chocolate mixture

using a large metal spoon, then very gently fold in the remaining whites, a third at a time, until evenly mixed in. Remove the pastry case from the tin and place on a serving plate. Spoon the filling into the case, then spread out gently and evenly. Chill for about 3 hours, or overnight, before serving. Serve with a sifting of cocoa and half-fat crème fraîche, if you like. *Please note, pregnant women, the elderly, babies and toddlers, and people who are generally unwell, should avoid eating raw or partially cooked eggs.*

PER SLICE 243 kcal, protein 4.4g, carbs 25.8g, fat 13.4g, sat fat 7.3g, fibre 1.3g, sugar 13.7g, salt 0.3g

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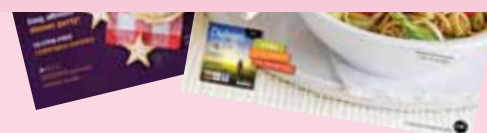
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Friday night Thai

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friends

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LULU GRIMES Food director

Spiced cashew nuts

SERVES 6 ● PREP 5 mins ● COOK 5 mins

Easy Good for you

Make these as soon as you start on the supper and they will cool and be ready to eat by the time your guests arrive.

Heat **1 tbsp vegetable oil** in a wok. Add **2 finely sliced spring onions, pinch chilli flakes, 1 very finely sliced lemongrass stalk** and a **large pinch of brown sugar** along with **300g cashews**. Fry until the nuts look burnished. Season and cool.

PER SERVING 305 kcals, protein 9g, carbs 10g, fat 26g, sat fat 3g, fibre 2g, sugar 3g, salt 0.02g

Mint, lime & cucumber salad

SERVES 6 ● PREP 15 mins ● NO COOK **Easy**

Superhealthy Counts as 1 of 5-a-day, Low fat
Using a mandolin gives super-thin slices, but a sharp knife will work, too.

1 large cucumber, peeled
2 limes
1 tbsp white vinegar (rice or wine)
½ tbsp caster sugar
a large handful of mint leaves
1 small red chilli, finely sliced

1 Finely slice half of the cucumber into a large bowl. Cut the skin off the lime, then cut out the segments. Add these to the bowl and squeeze any juice out of the bit left in the middle. Add the vinegar and sugar, cover and leave in the fridge.
2 When ready to serve, slice and add the remaining cucumber, the mint and the chilli and toss together. Season with salt and a touch more vinegar if you like.

PER SERVING 15 kcals, protein 1g, carbs 3g, fat none, sat fat none, fibre none, sugar 2g, salt none

Thai sticky chicken & ribs

SERVES 6 ● PREP 30 mins plus marinating ●

COOK 1½ hrs **Easy** **P P**

This, for me, is the epitome of Thai street food – easy to eat and so moreish that you'll want seconds. Marinate the night before for maximum flavour and ease the next day.

3 small green chillies, chopped
small bunch coriander with stems, stems chopped and leaves used for the dipping sauce
3 garlic cloves, chopped
3cm/1¼in piece ginger, chopped
1 tsp ground turmeric
2 tbsp soy sauce
4 tbsp fish sauce
8 tbsp palm or soft brown sugar
2 tbsp clear honey
4 chicken thighs, skin on
2 slabs pork loin ribs, about 1kg/2lb 4oz
steamed rice, to serve
CHILLI-LIME SAUCE
200g/7oz caster sugar
1 garlic clove, finely sliced
3 tbsp white vinegar (rice or wine)
juice 1 lime
1 tbsp fish sauce
1 red bird's-eye chilli, finely sliced
handful coriander leaves (from coriander in the marinade), chopped

1 To make the marinade, put the chillies, coriander stalks, garlic, ginger, turmeric, soy sauce, fish sauce, sugar and honey in a food processor. Whizz to a rough paste. Cut each chicken thigh into 2 pieces down the side of bone (so one side keeps the bone). Put all the chicken and ribs in a ceramic dish or suitable plastic container and pour over the marinade. Turn the meat over so it is coated, cover and put it in the fridge until needed (up to 24 hrs).

2 Make the sauce. Put the sugar in a pan with 250ml water, bring to the boil, simmer for a few mins to make a sugar syrup, then stir in garlic, vinegar, lime juice, fish sauce and chilli. Cool, then stir in coriander. *Will keep for 24 hrs in the fridge.*

3 Heat oven to 160C/140C fan/gas 3. Lift the ribs into a baking dish, cover with foil and put in the oven for 1 hr. Add the chicken pieces around the ribs, turn up the oven to 200C/180C fan/gas 6 and cook, uncovered, for 20 mins or so until the chicken is cooked through. By now the surface of the ribs and chicken should be quite brown and the marinade slightly sticky; if it isn't, put the lot under the grill – but keep an eye on it.

4 Cut the ribs into sections and pile onto a platter with the chicken, drizzle over some sauce and serve the rest alongside with the salad and some steamed rice.

PER SERVING 533 kcals, protein 35g, carbs 39g, fat 27g, sat fat 9g, fibre none, sugar 38g, salt 3.33g



Quick mango pudding

SERVES 6 ● PREP 5 mins ● NO COOK **Easy**

Chilling the bowls first means these fruity little puds can be made at the last minute.

Peel and dice **1 large ripe mango**; whizz to a purée in a food processor. Add **6 scoops vanilla ice cream** and **2 tbsp thick cream** and whizz again. Spoon into bowls and scoop **½ passion fruit** over each.

PER SERVING 131 kcals, protein 2g, carbs 18g, fat 6g, sat fat 4g, fibre 2g, sugar 17g, salt 0.08g

This marinade gives an authentic flavour and works equally well on different meats, fish and even prawns. If the sun is out, you could cook this on the barbecue

TIP

Make sure to pre-soak bamboo skewers in water to prevent them from burning during cooking.

TIPS ON COOKING THAI

Always use a well oiled wok when stir frying, if the oil gets absorbed due to the heat or by the food a healthier option is to add 1 or 2 tbspn. of broth or water instead of oil.



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Indulgent puddings

Sticky toffee and date puddings

SERVES 4

1 Heat the oven to 180C/fan 160C/gas 4 and butter 4 x 200ml ovenproof pudding basins. Simmer 180g medjool dates in 300ml water for 5 minutes until softened. Leave to cool.

2 Cream 50g unsalted butter with 100g golden caster sugar and 75g soft dark brown sugar.

Add 2 eggs. Mix in dates, date cooking liquid and 175g self-raising flour. Pour into the basins and bake for 25 minutes until firm. Cool for 2 minutes. Turn out.

3 To make the toffee sauce, put 300ml double cream, 50g demerara sugar and 2 tsp black treacle in a pan. Heat gently until the sugar has dissolved, then boil for 2-3 minutes, stirring until you have a smooth sauce. Serve with the pudding.



Photographs PETER CASSIDY, JEAN CAZALS, GARETH MORGANS, DAVID MUNNINS, MYLES NEW, MICHAEL PAUL, MAIA SMEND, BRIAN



Melting chocolate and orange puddings

SERVES 6

1 Heat the oven to 180C/fan 160C/gas 4. Put 200g self-raising flour, 4 tbsp cocoa powder, 100g chopped dark chocolate and 200g golden caster sugar in a bowl. Mix 50g melted butter with an egg, 175ml milk, and the zest of 2 oranges and stir into the dry ingredients. Divide the mix between 6 x 250ml ovenproof pudding dishes.

2 Mix 150g unrefined dark brown sugar and 3 tbsp cocoa powder, then divide between the tops of the puds. Pour approx 3 tbsp boiling water over each pud. Bake for 25 minutes. You will end up with sponge on top and sauce underneath. Finish with a dollop of crème fraîche and orange zest.



Spicy apple crumble

SERVES 6

1 Heat the oven to 180C/fan 160C/gas 4. Put 900g peeled and roughly chopped Bramley apples, 85g raisins, 30g soft brown sugar and 1 tsp ground cinnamon in a saucepan, then cook gently until the apples are soft and fluffy. Add a little water if necessary.

2 Put 100g plain flour and 100g porridge oats into a large mixing bowl, sprinkle in 1 tsp baking powder, then add 85g softened butter. Lightly rub the butter into the flour and oat mixture with your fingertips. Add 140g soft dark brown sugar and combine with the other ingredients.

3 Spoon the apple mixture into a large pie dish and sprinkle the crumble topping onto it. Cook for 30 minutes until browned. Serve with custard, cream or vanilla ice cream.



Lemon curd and ginger sponge puds

SERVES 4

1 Heat the oven to 180C/fan 160C/gas 4. Lightly butter 4 x 200ml pudding basins. Thin 4 tbsp lemon curd with 1 tbsp lemon juice and divide between the basins, then scatter in a diced ball of stem ginger. Put the basins in a roasting tin.

2 Cream 50g butter and 50g golden caster sugar with the zest of a lemon until fluffy then gradually beat in an egg, 100g self-raising flour and 1/2 tsp baking powder. Add 1 tbsp lemon juice, plus 2 tbsp warm water. Stir in another diced ball of stem ginger.

3 Divide between the basins, then pour boiling water into the tin to come halfway up the basins. Cover with a tent of foil and bake for 25 minutes until risen and cooked. Rest for 5 minutes, then turn out and serve.

A feast for the senses at

Okku

BBC Good Food ME catches up with executive chef Hugh Sato Gardiner of Okku, The Monarch Dubai, who dishes out on Japanese cuisine, inspirations and the delicious new menu at Okku

How would you describe your personal style of cooking?

My cooking is very simple, I cook with love and I think people can really tell the difference.

The new menu is very exciting, with some interesting combinations.

What inspired you to create the dishes and which dishes are you most excited about?

This time around I was inspired by different textures and feelings as well as presentation; I believe that people eat with their eyes first. All of the dishes created consist of energy and effort. There are three signature items: the 'O' style hotate, which are seared scallops with truffle-goma, the 'O' style dynamite kani, which is baked whole king crab legs and the 'O' style short rib shoyu-ni, which is a ginger-soy braised veal short-rib. I also really like the HuShiHu Yuan crispy duck salad as well as the tuna tartar with truffle-soy. We've also introduced some brand new sushi creations such as the sea bass & papaya, dynamite black cod maki and seared wagyu steak maki. Our new green tea soufflé is to die for, if I do say so myself!

What is something about Japanese cuisine that many people don't know?

Sushi and maki rolls were originally adopted from Chinese and South-East Asian traders as a way of preserving fish in fermented rice.

What are some of your top tips to creating great-quality Japanese food?

One must start with the freshest ingredients possible. Japanese cuisine is built using layers of very subtle flavours so in order for these to shine through they have to blend and not overpower each other or the technique used in preparation. By the same token it's important not to overcomplicate a dish.

How would you describe the new menu at OKKU, what are you hoping to achieve?

We want people to be excited about the new dishes that have been created and encourage them to try something that they might not always be inclined to try at first. The new menu features an evolution of some of our original signature dishes such as the 'black cod in black miso' as well as discovering new ways to prepare and present traditional items such as the HuShiHu and tofu salads. We are constantly evolving what we offer to our guests to keep things interesting and demonstrate that a homegrown Dubai concept can produce dishes that compete with any other high-end restaurant from around the world!

What are your favourite ingredients to work with and why?

I love working with local produce (unfortunately that's not always easy in Dubai) and of course anything from the sea.

What gives you the greatest joy as a chef?

Seeing the reaction on people's faces when they discover something new, which they start to crave again and again.

And, what do you find the most challenging?

Balancing my life in the kitchen and being a father of young triplets. Somehow there never seems to be enough hours in a day to be able to fully complete both roles! But I love finding that balance.

What is your first food memory?

Cooking with my mother and grandmother in the small family-owned restaurant in Hawaii.

When cooking at home for friends and family, what do you enjoy creating?

I love experimenting with food and seeing how I can use everyday ingredients out of the box to create very traditional dishes. I also love to BBQ whenever possible.



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